
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.

Six Herbs With Rehmannia **LWDH**

INDICATIONS: Fatigue or back pain.

SECONDARY INDICATIONS: Weakness in lower back or legs, dizziness, blurred vision, dry eyes, afternoon fever, night sweats, low bone density, low resistance.

PROPERTIES: Cool.

ACTIONS: Nourishes Liver and Kidney Yin.

INGREDIENTS: Prepared Rehmannia Root, Asian Dogwood Fruit, Chinese Yam Rhizome, Poria, Tree Peony Bark, Alisma Rhizome.

**Traditional Chinese Medicine
PERSPECTIVE ON
MENOPAUSE**

Traditional Chinese Medicine (TCM) understands menopause to be a normal, natural stage in the female life cycle.

According to TCM Theory, there is a reproductive substance called "*Tian Kui*" that exists in the human body. As the *Tian Kui* develops and matures, males start to produce sperm along and to manifest other sexual functions that are associated with reproductive capacity. Females begin menstrual periods and are ready for reproductive functions.

continued.

TCM PERSPECTIVE ON MENOPAUSE, continued.

At a certain age, the *Tian Kui* begins to decline and eventually is exhausted. During the decline, the male's sperm production decreases and sexual functioning gradually becomes weaker until it ceases. In females, menstrual periods decline until they eventually cease.

TCM holds that *Tian Kui* comes down to the individual through each person's ancestral heritage, and that it is Yin in property. However, it is different from general Yin, including Kidney Yin, in the body. If the individual is healthy and has balanced Yin and Yang, the decline and cessation of the *Tian Kui* is not accompanied by any special symptoms, and both males and females can have many years of health life. Female health need not decline after the menstruation ceases.

However, if the individual is not healthy and has an imbalance of Yin and Yang, especially the kind of imbalance known as Yin Deficiency, then the end of the *Tian Kui* and of menstruation is accompanied by many kinds of symptoms.

The main causes of Yin Deficiency and Yin-Yang imbalance are: long-term mental and physical exhaustion, chronic diseases, long-term consumption of toxic medications, and inherited weaknesses.

The principle of treatment in TCM is to balance Yin and Yang. According to TCM Theory and many years of clinical experience, we have learned that the *Tian Kui* and Yin are related (but not equal to) human hormones, including those involved in sexual functioning. That is why in TCM we use hormone-free traditional Chinese herbs to help with menopause in restoring and maintaining health Yin-Yang balance.

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



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Menopause
TCM FORMULA SELECTION GUIDE

RCQ Menopause Support

BYZH Sweat Gland Support

GH Regulate Liver

G-LF Circulation Maintenance

YGJ Liver & Kidney Support

SHM Support Sleep

ZGC Heart Support

**GMD Licorice, Wheat & Date
Formula**

LWDH Six Herbs With Rehmannia

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

Menopause

Menopause Support RCQ

INDICATIONS: Hot flushing.

SECONDARY INDICATIONS: Night sweats, mood swings.

PROPERTIES: Cold.

ACTIONS: Tonifies Yin, especially of Liver and Kidney. Clears Excess and Deficiency Heat.

INGREDIENTS: Rehmania Root, Lycium Bark, Wheat, Schisandra Fruit, Dong Quai Root, Sweet Annie, Large-Leaf Gentian Root, Phellodendron Bark, Achyranthes Root.

Sweat Gland Support BYZH

INDICATIONS: Night sweats.

PROPERTIES: Neutral.

ACTIONS: Tonifies Yin, Qi, and Yang; harmonizes and balances Yin and Yang.

INGREDIENTS: Prepared Rehmania Root, Asiatic Dogwood Fruit, Ginseng Root, Atractylodes Rhizome, Adenophora Root, Schisandra Fruit.

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.

LIFE RISING® PRODUCT SELECTION GUIDE

<i>Any Two or More Formulas May Be Taken Together as Needed.</i>		<i>Formula</i>
MAIN INDICATION MENOPAUSAL HOT FLASHES		KEY FORMULA RCQ
<i>IF W</i> NIGHT SWEATS		ADD BYZH
<i>IF W</i> ANXIETY <i>W/WO</i> IRRITABILITY <i>W/WO</i> ANGER		ADD GH
<i>IF W</i> HYPERTENSION <i>W/WO</i> ANXIETY <i>W/WO</i> ANGER		ADD G-LF
<i>IF W</i> FATIGUE, DEPRESSION, OR DRYNESS		ADD YGJ
<i>IF W</i> INSOMNIA		ADD SHM
<i>IF W</i> PALPITATIONS, <i>W/WO</i> FATIGUE <i>W/WO</i> INSOMNIA		ADD ZGC
<i>IF W</i> SADNESS <i>W/WO</i> CRYING SPELLS		ADD GWD
<i>IF W</i> FATIGUE <i>W/WO</i> BACK PAIN		ADD LWDH

Circulation Maintenance G-LF

INDICATIONS: Hypertension, anxiety, and anger.

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

PROPERTIES: Cold.

ACTIONS: Clears Liver Fire, cools Blood, redirects up-rising Qi and Fire.

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

Liver & Kidney Support YGJ

INDICATIONS: Depression.

SECONDARY INDICATIONS: Chest discomfort, heartburn, irregular menstrual cycle, emotional problems.

PROPERTIES: Cool.

ACTIONS: Tonifies Liver and Kidney Yin, disperses Liver stagnation.

INGREDIENTS: Adenophora Root, Dwarf Lilyturf Root, Dong Quai Root, Rehmannia Root, Lycium Berries, Sichuan Pogoda Tree Fruit.

Sleep Support SHM

INDICATIONS: Insomnia.

SECONDARY INDICATIONS: Anxiety, depression.

PROPERTIES: Neutral.

ACTIONS: Regulates Qi, nourishes Liver and Heart Yin and Blood, Calms and smoothes emotions and spirit.

INGREDIENTS: Jujube Seed, Poria(Fu Shen), Polygala Root, Alpinia Fruit, Silk Tree Flower, Schisandra Fruit.

Heart Support ZGC

INDICATIONS: Palpitations.

SECONDARY INDICATIONS: Fatigue, shortness of breath, irregular heart beat, weakness, anxiety, irritability.

PROPERTIES: Warm.

ACTIONS: Tonifies Qi and Blood, nourishes and harmonizes Yin and Yang, especially in Heart and Spleen.

INGREDIENTS: Prepared Licorice Root, Ginger Rhizome, Asian Ginseng Root, Rehmannia Root, Cinnamon Twig, Gelatin, Dwarf Lilyturf Root, Jujube Fruit.