



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

TCM FORMULAS FOR

# Acid Reflux

## Harmonize Stomach

**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.

## Stomach Harmonizer

**HWDZ**

**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.

## Acid Relief

**WJW**

**INDICATIONS:** Poor digestion, poor appetite, heartburn, stomach acid.

**PROPERTIES:** Slightly Warm.

**ACTIONS:** Tonifies Spleen, resolves food stagnation, promotes digestion.

**INGREDIENTS:** Cuttlebone, Poria, Atractylodes Rhizome.

## LIFE RISING® PRODUCT SELECTION GUIDE

Main Symptom(s)	Key Formula
<b>ACID REFLUX</b> w/wo STOMACH ACID, HEARTBURN, BELCHING, or REGURGITATION	<b>GW</b>
<i>Any Two or More Formulas May Be Taken Together as Needed.</i>	
MAIN SYMPTOM(S) ABOVE + INDIGESTION w/wo BLOATING w/wo BAD BREATH w/wo CONSTIPATION w/wo STOMACH PAIN	<b>HWDZ</b>
MAIN SYMPTOM(S) ABOVE + POOR DIGESTION w/wo POOR APPETITE	<b>WJW</b>
MAIN SYMPTOM(S) ABOVE + BELCHING w/wo REGURGITATION w/wo POOR DIGESTION w/wo BAD BREATH	<b>BHW</b>
MAIN SYMPTOM(S) ABOVE + INSOMNIA w/wo DIFFICULTY FALLING ASLEEP	<b>SHM-MF</b>
MAIN SYMPTOM(S) ABOVE + ANGER w/wo ANXIETY w/wo IRRITABILITY, esp w DIFFICULTY FALLING ASLEEP or RESTLESSNESS	<b>GH</b>
MAIN SYMPTOM(S) ABOVE + DEPRESSION/ANXIETY	<b>Y-JXY</b>
MAIN SYMPTOM(S) ABOVE + CONSTIPATION esp. SEVERE w DRY STOOL	<b>XM</b>

## Digestion Support

**BHW**

**INDICATIONS:** Belching, regurgitation, poor digestion, bad breath.

**PROPERTIES:** Warm and Cool.

**ACTIONS:** Removes Qi and food Stagnation, eliminates Dampness, clears Stomach Heat, Harmonizes Stomach functions, helps digestion.

**INGREDIENTS:** Chinese Hawthorn Fruit, Herbal Ferment, Pinellia Rhizome, Poria, Tangerine Rind, Forsythia Fruit, Radish Seed.

## Mucus Fire

**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.

## Liver Heat

**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.

## Resolve Xiao Yao

**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.