



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

## 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.

## Traditional Chinese Medicine PERSPECTIVE ON ACID REFLUX

*According to Traditional Chinese Medicine (TCM), acid reflux is a syndrome that is manifested in the stomach and esophagus, but which may have various causes.*

From the perspective of TCM, the two major causes of acid reflux are:

1. *Unhealthy diet and eating habits, such as eating irregularly, overeating, eating too much heavy food, consuming ice-cold food or drinks, or eating too many raw foods.* To treat this kind of problem, it is mainly necessary to regulate and adjust Stomach and Spleen dysfunctions. The main formulas used for this include HWDZ, WJW, and BHW, either alone, in combination, or with other formulas added or occasionally substituted as needed.

2. *Emotional causes, such as long-term stress, emotional upset, anger, depression, etc..* In TCM, emotional disorders may cause Liver dysfunction, which, in turn, will interfere with Stomach and Spleen functions. Thus, while the symptoms are in the stomach and esophagus, the actual cause is Liver dysfunction. To treat these kinds of digestive problems, the main thing is to regulate and adjust Liver dysfunction, and to harmonize the Liver and Stomach balance. The main formulas used for this are GW, GH, Y-JXY, etc..

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

## Traditional Chinese Medicine TERMS & DEFINITIONS

### STOMACH

In Traditional Chinese Medicine (TCM) Theory, the Stomach, which includes the stomach as an organ plus its digestive functions, is one of the six *fu* organs (along with the Gallbladder, the Small Intestine, the Large Intestine, the Urinary Bladder, and the three areas within the body cavity collectively referred to in TCM as the *Sanjiao*—the "triple burner." The six *fu* organs have various roles in the receiving and digestion of foods and liquids, the absorption of nutrient substances, and the transmitting and eliminating of waste. The *fu* organs may be characterized by their transforming and transporting activities, but they are not considered to be organs of storage.

The Stomach is situated in the middle of the abdomen, below the diaphragm. It receives food at its top through the esophagus, and opens at its bottom to the small intestine. Also referred to as "the sea of water and cereal" in TCM, the main function of the Stomach is to receive and digest food with the help of the Spleen.

Great importance is placed in TCM on diagnosing the strength or weakness of the Qi of the Stomach, since "Stomach Qi is the foundation of the human body: when there is Stomach Qi, there is life; when there is no Stomach Qi, death follows." In other words, if Stomach Qi is strong, the prognosis is favorable, regardless of the disease. Therefore, preserving Stomach Qi is an important treatment principle in TCM.

Since food is passed from the Stomach to the small intestine below it, the normal movement of Stomach Qi is downward. Should it fail to move downward, symptoms such as acid reflux, bloating, stomach pain, nausea, vomiting, and even hiccuping may arise.



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## Acid Reflux

TCM FORMULA SELECTION GUIDE

**GW**

**Harmonize Stomach**

**HWDZ**

**Stomach Harmonizer**

**WJW**

**Acid Relief**

**BHW**

**Digestion Support**

**SHM-MF**

**Mucus Fire**

**GH**

**Liver Heat**

**Y-JXY**

**Resolve Xiao Yao**

**XM**

**Extra Move**

*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 dietary supplements.*

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

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.