



LIFE RISING HERBAL FORMULAS
Traditional Chinese Medicine Dietary Supplements

TCM FORMULAS FOR

Anxiety/Irritability

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.

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.

LIFE RISING® PRODUCT SELECTION GUIDE

Main Symptom(s)	Key Formula
ANXIETY/IRRITABILITY w/wo ANGER, INSOMNIA, HYPERTENSION, DIZZINESS, or HEADACHE	GH
<i>Any Two or More Formulas May Be Taken Together as Needed.</i>	
MAIN SYMPTOM(S) ABOVE + DEPRESSION	Y-JXY
MAIN SYMPTOM(S) ABOVE + SADNESS/CRYING	GMD
MAIN SYMPTOM(S) ABOVE + SADNESS CRYING + FATIGUE	GPT
MAIN SYMPTOM(S) ABOVE + INSOMNIA + DIFFICULTY FALLING ASLEEP <i>Use with or instead of Key Formula:</i>	SHM-MF
MAIN SYMPTOM(S) ABOVE + HYPERTENSION w/wo ANGER <i>Use with or instead of Key Formula:</i>	G-LF
MAIN SYMPTOM(S) ABOVE + STOMACH ACID w/wo HEARTBURN w/wo REGURGITATION w/wo BELCHING w/wo ACID REFLUX	GW
MAIN SYMPTOM(S) ABOVE + DIZZINESS WHEN HEAD IS TURNED	WDT
MAIN SYMPTOM(S) ABOVE + SIDE HEADACHE w/wo MIGRAINE	TT

Spleen Support GPT

INDICATIONS: Depression, sadness, crying, especially with fatigue.

SECONDARY INDICATIONS: Insomnia, especially waking up too early, palpitation.

PROPERTIES: Warm, Tonifying.

ACTIONS: Replenishes Spleen and Heart, Tonifies Qi & Blood.

INGREDIENTS: Atractylodes Rhizome, Poria, Astragalus Root, Longan Aril, Jujube Seed, Ginseng Root, Costus Root, Chinese Licorice Root, Dong Quai Root, Polygala Root, Ginger Rhizonme, Jujube Fruit.

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 Fire G-LF

INDICATIONS: Hypertension, anxiety, and anger.

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

PROPERTIES: Cold.

ACTIONS: Clears Liver Fire, cools Blood, redirects uprising Qi and Fire.

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

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.