

Figure 26—TCM Formulas for Excess Conditions

Formula	Tongue	Pulse	TCM Condition	Major Indications
Stress Relief (STR-C)	Red tip	Wiry and rapid	Derangement of the mind	Irritability, restlessness, insomnia, dizziness, stress, anxiety, panic attacks, heart palpitations, mania, muscle tension, nervous disorders
HY-C	Red with scant coating, dry	Rapid and thin	Deficient yin	Dry skin, dry mouth, constant thirst, frequent urination, burning sensations in hands and feet, night sweats, hyperinsulinemia
Mood Elevator (AD-C)	Red tip with yellow coating	Wiry and rolling or slippery	Stagnant or sagging qi	Depression, hypersensitivity, feeling of fullness in the head, tightness or pain in the chest, headaches, prolapsed organs, nightmares and restless dreams
VS-C	Light red or normal with thin, yellow coat; red bumps	Rapid and wiry or thin	Weak qi with external heat due to wind-heat or heat evil	Chronic, low grade viral and bacterial infections (herpes, shingles, fever, etc.)
IF-C	Red or normal with thin, yellow coat	Rapid and floating	Excess fire due to wind-heat or heat evil	Inflammation, bleeding gums, sore throats, earaches, fever with chills, acute viral or bacterial infection
Kidney Activator (K-C)	Swollen with scalloped edges, damp	Wiry, rolling or slippery, and weak	Retention of water due to deficient yang and stagnant qi	Edema, PMS with water retention, burning urination, bladder infections, backache, sluggish energy in the afternoon, scanty or clear urine
Liver Balance (LIV-C)	Dark red, purplish	Wiry or tense	Constricted liver qi	Anger, frustration, depression, abdominal pain, menstrual pain and irregularities, headaches
Anti-Gas Formula (AG-C)	Swollen with heavy white or yellow coating	Wiry and rolling or slippery	Damp spleen (stomach)	Bloating, loss of appetite, foul belching, acid reflux, loss of appetite, bad breath
Breathe Activator (AL-C)	Thick white coating	Rolling or slippery	Damp phlegm in lungs	Congestion or fluid retention in chest, cough, asthma, bronchitis, swollen lymph nodes

Figure 27—TCM Formulas for Deficient Conditions

Formula	Tongue	Pulse	TCM Condition	Diseases
Blood Stimulator (BP-C)	Pale or normal	Thin and weak	Deficient blood of the liver	Scanty menses with prolonged cycle, weakness of legs, lower back problems, dry eyes, depression or bi-polar, hypoglycemia, chronic liver diseases, dry skin around eyes, abdominal pain
Nature's Chi	Pale, quivering	Slow, weak	Deficient qi (chi) and blood	Chronically tired and stressed, craving sugar and carbohydrates, craving caffeine and other stimulants
Mineral Chi Tonic	Pale, dry	Slow, weak, deep	Deficient qi (chi), deficient yang	Stress, fatigue, poor appetite, lowered immunity, broken bones, sugar cravings, autoimmune disorders, bipolar disorder, low blood pressure
Lung Support (LH-C)	Pale (may be cracked in lung area)	Thin, weak and deep	Lung qi (chi) deficiency	Fatigue, shortness of breath, catch respiratory infections easily, exposure to cold and dry air, emphysema, weak muscles, feeble, wheezing, shallow breathing
KB-C	Normal or pale, dry	Thin, weak and deep	Kidney qi (chi) deficiency	Backache, chiropractic adjustments don't hold, spinal misalignment, weakness in lower extremities, osteoporosis, arthritis, incontinence, impotence
Trigger Immune (IMM-C)	Pale (may be withered)	Weak and deep	Deficient qi (chi) and blood	Extreme fatigue, general weakness, cold limbs, lowered resistance to disease, loss of sexual desire, hair loss, anorexia, reversed polarity
Spleen Chi Activator (UC-C)	Pale with moist white coating	Thin, weak and slow	Spleen qi (chi) deficiency	Thin and pale or overweight with loss of muscle tone, sallow face, cold limbs, chronic poor digestion, poor appetite, difficulty gaining or losing weight, hiatal hernia
Nervous Fatigue Formula (HS-C)	Light red with scant coating, quivering	Thin and rapid (may be floating)	Weakness of the heart yin	Heart palpitations, sensation of pressure in chest, restless sleep and dreams, fatigue, waking up frequently at night, mental confusion, emotional sensitivity, adrenal exhaustion