



Chinese Herbal Medicine to the Rescue

Using Traditional Chinese Herbal Formulas to Solve Modern Western Health Problems

It's no secret that modern medicine is plagued by side effects, but what many people fail to realize is that modern medicine is also very ineffective in treating the chronic and degenerative diseases that afflict modern men and women. The drugs and surgery it offers can be lifesaving and necessary at times, but they mostly provide symptomatic relief. They do not correct the underlying imbalances that cause illness, nor do they help to restore the body to optimal health.

In contrast, traditional systems of medicine like Ayurveda from India and traditional Chinese medicine (TCM) are very effective at actually helping to cure chronic and degenerative diseases. This is because these traditional systems of medicine work on correcting the underlying imbalances in the body systems that lead to disease. Furthermore, because these traditional systems of healing have been tested and refined over the course of thousands of years on real human beings (not lab rats), they are virtually free from side effects.

An example of the difference between TCM and modern medicinal thinking can be found in the Chinese concept of superior and inferior medicines. In TCM, *inferior* medicines are those that provide rapid symptomatic relief. So, a fast-acting pain reliever or blood pressure-reducing medicine would be an inferior medicine in Chinese thinking. Whereas, in Western medicine, this is exactly the kind of rapid, symptomatic action that is sought in new drugs.

In contrast, slow-acting remedies that gradually restore health and vitality are rarely used in modern "scientific" medicine. In TCM, however, these slow acting, health-building tonics would be considered *superior* medicines. So, if you're tired of the side-effect laden *inferior* (symptom-relieving) drugs of Western medicine, perhaps it's time to try some of the safe, healing and tonifying herbal formulas that would be considered *superior* medicines in the TCM system. These formulas are ideal for helping to restore health when chronically ill.

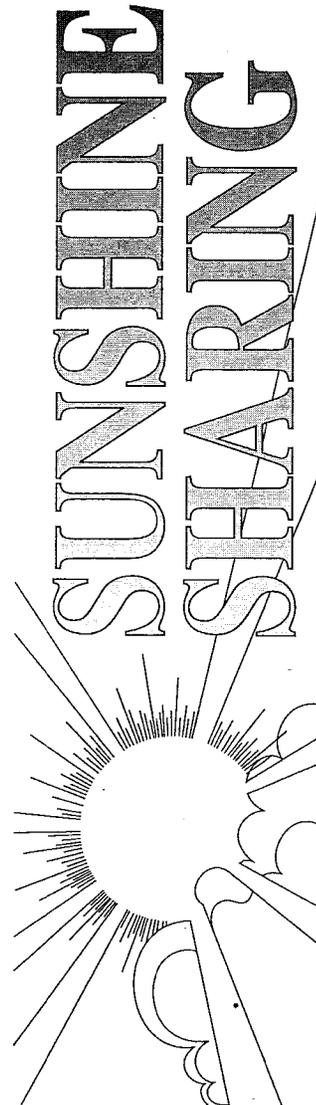
Demystifying TCM

The only problem with TCM is that its system of diagnosis and therapy is hard for people trained in Western medical thinking to wrap their brains around. Concepts like chi, yin and yang, excess and deficiency, evil heat or cold and meridian channels don't fit what we were taught about health and disease in public school. In fact, they can seem downright mystical. However, they aren't really mystical; they're actually quite practical when you understand them because they are based on observation and common sense.

In fact, these broad, often poetic concepts actually fit better with the way herbal medicines actually work. Herbs aren't "magic bullets" like modern Western drugs. Most are broad-acting remedies that strengthen body organs and processes to restore balance and health.

What's needed is a little "translation" to make TCM concepts more clear to Western minds, and that's exactly what we are going to do in this issue of *Sunshine Sharing*. We're going to discuss practical ways to use traditional Chinese formulas to solve modern health concerns.

To learn more about how TCM can help you, turn the page...



Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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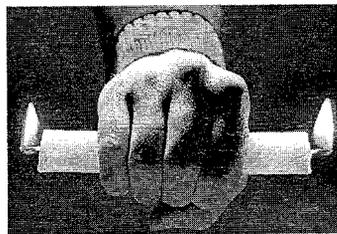
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TCM Remedies for Modern Health Problems

As mentioned on page one, the concepts of TCM can seem mysterious and difficult to understand; however, they don't need to be. What follows is a list of major Western health issues that can be addressed using traditional Chinese herbal formulas. We're not talking so much about specific diseases, as we are general imbalances and problems that lead to many different specific disease conditions. By correcting these general imbalances, overall health improves and many related problems clear up on their own.

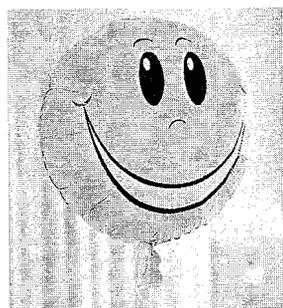
So read each description and determine which formulas might be appropriate for your unique needs. If you need assistance, talk to the person who gave you this newsletter. Their contact information should appear at the top of page four.



Easing the Stress of Modern Life

Modern life is filled with stress, one of the major underlying causes of all health problems. Stress shuts down digestion, interferes with normal elimination, causes nervousness and insomnia, and can lead to heart problems like angina and palpitations. Being able to stay calm in a stress-filled world is vital to staying healthy.

In TCM, the heart is the home of the shen (emotions or spirit). Overexcitement and stress adversely affect the shen causing nervousness, paranoia, indigestion, insomnia, neurosis and other health problems. The solution to these problems is to calm the shen or "pacify the spirit." Chinese **Stress Relief** is a TCM formula designed to do this. It is sedative and antispasmodic, so it calms nervous tension and relaxes the body. Chinese Stress Relief can be used anytime one feels tense, anxious, nervous, tense or stressed.



Lifting Depression and Sadness

Millions of Americans take antidepressant drugs. These drugs do little to restore their users to physical or mental health and may have serious side effects. While depression has multiple causes (which may require different remedies), at its most fundamental level, depression is a loss of energy. A person simply does not have the energy to cope with the normal stresses and pressures of life. Thus, their energy and their mood "sag."

Mood Elevator is designed to relieve this "sagging chi" or reduced energy. It increases energy and helps overcome sad, heavy feelings. Many people have successfully weaned themselves off of antidepressant drugs like SSRIs using this traditional Chinese formula. Because it works on the liver, colon, lymphatics and other systems and not on serotonin levels in the brain, it can be taken in conjunction with other medications. As a person feels better, they can work with their doctor to reduce or eliminate their drugs.

Mood Elevator eases feelings of stress and anxiety, improves sleep, and eases congestion and toxicity. It also helps with prolapsus of internal organs like the uterus and colon. It relieves lymphatic stagnation and may be helpful for chronic respiratory congestion and PMS with dysmenorrhea (painful menstruation).

Relieving Post Traumatic Stress Disorder (PTSD) and Burn-Out

When we're under stress for a long period of time we can develop a "burned-out" feeling. We feel like we are unable to cope with life; we just can't handle "one more thing." If the stress is bad enough we develop PTSD. When this happens TCM sees our heart or spirit (shen) as being in need of nurturing and support.



Nervous Fatigue Formula was formulated to "nurture the yin of the heart," which means it increases our emotional energy and ability to "take heart" and cope with the stresses of life. The person who needs this formula is tired and worn-out and suffers from disturbed sleep. They feel emotionally vulnerable and may cry easily or feel overly sensitive. They may lack a normal sex drive, feel enervated and find thinking and concentration difficult. Short-term memory and concentration often suffer. They may also sense extreme anxiety in the area of their heart and even experience heart palpitations.

Millions of Americans are suffering from this "burned-out" feeling due to chronic stress and the overuse of caffeine, sugar and other stimulants. Nervous Fatigue Formula can improve their energy, help them sleep better and feel like they can cope again. It has an adaptogenic effect, meaning it reduces levels of stress hormones. It supports the adrenal glands and helps a person reignite their zest for life.



Cooling Fever and Inflammation

Modern medical research has found that chronic inflammation is at the root of many degenerative diseases. In TCM and other traditional systems of medicine, inflammation is simply referred to as "heat." This makes sense, since the classic symptoms of inflammation are heat, redness, swelling and pain.

When the "heat" or inflammation is acute and caused by an external influence, such as an infection, it is called "heat evil" in TCM. **IF-C** is a traditional Chinese formula designed to "clear the heat" or reduce "heat evil." In Western terms, it helps to fight infection and reduce inflammation.

IF-C is useful for all inflammatory diseases ("-itises") such as tonsillitis, mastitis and arthritis, as well as related conditions like

dry or irritated eyes, earaches, sore throats, fever with chills, sore and bleeding gums, skin infections and ringing in the ears. It may also help treat hemorrhoids, gallstones, hepatitis, anemia, insomnia, chipping nails and depression.

When the inflammation “comes and goes” or the infection is chronic and low-grade, the TCM formula **VS-C** is helpful. Although it was specifically formulated to treat chronic herpes infections, it is also helpful for shingles, chronic fatigue and other chronic viral infections. It is heat-reducing or anti-inflammatory, but it also strengthens the immune system, making it helpful for low-grade bacterial infections, too.

Help for Metabolic Syndrome X

At the core of many modern health problems is an imbalance in metabolism, known as syndrome X or metabolic syndrome. Caused by a diet high in simple carbohydrates and low in good fats and protein, metabolic syndrome is the underlying cause of obesity and the precursor to heart disease and diabetes.



The major “therapy” for this syndrome is a change in diet. High carbohydrate consumption triggers high insulin levels which trigger weight gain, especially around the abdomen. They also increase insulin resistance and inflammation. By eating protein foods, good fats and complex carbohydrates, metabolism is balanced and these problems are reversed.

If not reversed by dietary improvement, cells become resistant to insulin. Moisture and sugar are not drawn into the cells like they should be, leading to increasing blood sugar levels. When this starts to happen, the Chinese formula **HY-C** is very helpful.

HY-C treats a condition known in TCM as yin deficiency. Yin is associated with water and sugar (the sweet taste). **HY-C** nourishes the yin, helping the body absorb and utilize water and nourishment. It is indicated where there is dryness and excess thirst. When a person feels thirsty, drinks water, urinates heavily and is still thirsty they need this formula.

Dry skin, dry eyes, dry cough, constipation with dry stool, dry mouth, burning sensations in the palms of the hands or the soles of the feet and low grade fever and inflammation are all indications for **HY-C**. It may also be helpful for symptoms like sore throats, ringing in the ears, night sweating, hypoglycemia, hypertension and insomnia.

Protection from Environmental Pollution and Chemicals

Another major problems in modern society is the many chemicals that have polluted our water, air, food, homes and workplaces. The liver is the organ charged with detoxifying these chemicals, and it is often overburdened and overtaxed because of its heavy workload and lack of adequate nutrition. Symptoms of



moderate liver dysfunction are hard to pin down because they are often vague and changeable, but can include indigestion, constipation, irritability, difficulty falling asleep, morning sluggishness, skin problems, PMS, headaches and a general “yucky” feeling.

In TCM, the liver is considered the harmonizer of the body organs and this state of liver congestion is a sign of the need to improve harmony in the body. Chinese **Liver Balance** is the formula that does this. Its Chinese name, Tiao He, literally means “mediate harmony.” It relieves the constriction in the liver energy, promotes the flow of bile and helps the body detoxify through the bowels and kidneys. A very high percentage of Americans could benefit by using **Liver Balance** and/or the **Tiao He Cleanse** (which contains it) on a regular basis.

Rebuilding the Immune System



The chemicals mentioned above and the general poor diet of most Americans often lead to deficiency of the immune system. The body gets tired and worn down, resulting in shortness of breath, frequent colds and infections, and chronic poor health. **Trigger Immune** is a TCM formula that helps to rebuild the blood and energy of a person so they have greater stamina, more resistance to stress and better immune function. It contains many of the major adaptogens and tonic herbs in TCM, including astragalus, ganoderma, Siberian ginseng, dong quai, schizandra and licorice.

Trigger Immune's adaptogens reduce stress levels, enhance mood, aid in maintaining normal weight, and increase energy and immunity. It is also a tonic for the blood, meaning it helps overcome anemia and improve blood quality. It strengthens the muscles, improves memory and concentration, aids respiration and shortness of breath, and helps the immune system. It is a great remedy to rebuild the body after surgery, chemotherapy or radiation. Elderly people who are pale, thin, weak and cold will also benefit from this formula.

Other TCM Formulas

In addition to the TCM formulas already discussed in depth there are five others that are important to mention. These formulas also help with modern health problems. A short description of these useful Chinese blends follows.

Continued on Page Four

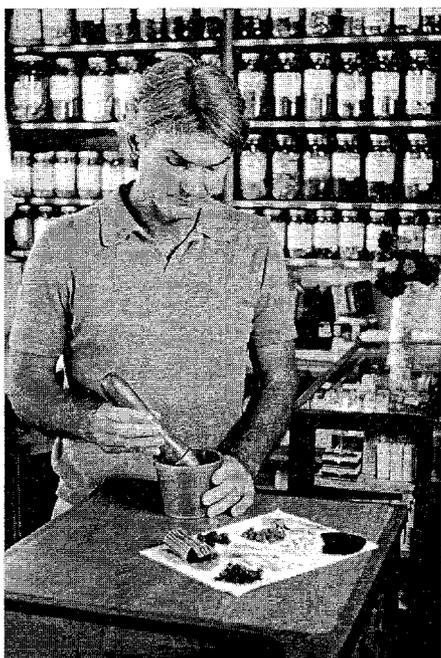
Additional Help and Information

For more information on traditional Chinese herbal formulas, contact the person who gave this newsletter to you. Their contact information should be found at the top of this page. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

The Comprehensive Guide to NSP by Tree of Light

Healing with Chinese Herbs by Steven Horne

What Element Are You? <http://www.treelite.com/quizzes/>



Ancient Herbs, Modern Remedies

Traditional Chinese Medicine (TCM) is over 2,500 years old, but it still has the power to help overcome many modern health problems.

Learn more inside.

Continued from Page Three

For women who lose blood each month in their menstrual cycle, the **Chinese formula Blood Stimulator** can help to overcome anemia, weakness and PMS issues. It's also a great formula for circulation, alcoholism and cirrhosis of the liver, postpartum depression and loss of appetite.

KB-C is a formula to strengthen the kidneys, which in turn removes uric acid waste from the blood stream to reduce inflammation of the joints. It is a wonderful formula for low back pain, sciatic nerve pain, arthritis, osteoporosis, lumbago, weakness of the legs or feet and spinal misalignments. Many people call KB-C "the herbal chiropractor."

Chinese **Anti-Gas** can be used for indigestion, nausea, bloating, diarrhea, sugar cravings and food allergies. It can also be used for motion sickness and morning sickness. If you suffer

from frequent indigestion, heartburn, gas or bloating, try this formula instead of antacids and other drugs.

For people with weakness in the lungs, **Lung Support** may be helpful. It is good for dry coughs, irritation of the lungs, frequent lung infections, wheezing and chronic lung diseases like COPD and emphysema. This is a great formula to ward off sickness in the winter, especially if you live in a cold, dry environment, or have a weak respiratory system.

When people's digestive powers are weak, they may be unable to build muscle mass. The Chinese call this inability to assimilate protein and create healthy tissue spleen chi deficiency. **Spleen Activator** strengthens the spleen chi to improve appetite and digestion, especially in the weak or the elderly.