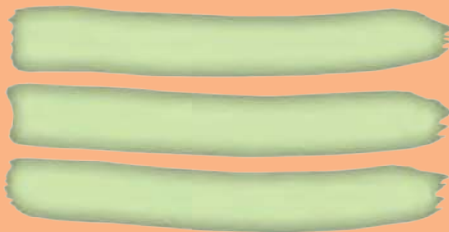


GENTLE WARRIORS PEDIATRIC FORMULAS



FORMULA GUIDE

Harriet Beinfield, LAc and Efrem Korngold, LAc, OMD

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Revised Edition, July 2014

Written by Harriet Beinfield, LAc and Efrem Korngold, LAc, OMD
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CHINESE HERBAL PRODUCTS YOU CAN TRUST

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GENTLE WARRIORS PEDIATRIC FORMULAS

Providing Safe Solutions for Pediatric Care

Gentle Warriors includes 16 herbal formulas –
11 general formulas and 5 Peacemakers formulas.

Formulated by Harriet Beinfield, LAc and Efrem Korngold, LAc, OMD



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CHINESE HERBAL PRODUCTS YOU CAN TRUST

Product Information

Quality Assurance from Start to Finish: Manufactured Exclusively in the USA

At Kan Herb Company, we assume responsibility for every level of the manufacturing process. Meticulous about the efficacy, quality and safety of every proprietary product, Kan Herb Company manufactures its products at our facilities in California, in compliance with current Good Manufacturing Practices (cGMP). We control all phases of the production process, from procurement and testing of raw ingredients to the manufacturing and packaging of our formulas.

Quality is expressed throughout – in our use of innovative technologies, producing the greatest percentage of active herbal material per ounce, to excellence in customer service and professional consultation.

The Kan Commitment

At Kan Herb Company, quality starts at the source with high-grade Chinese herbs. We assemble, test and manufacture our herbal formulas at our facility in the United States, following stringent manufacturing standards, to assure that the potency and purity you expect is in every bottle. Kan Herb Company's assessment and testing of each herbal ingredient means that, regardless of seasonal and market variations, Kan Herb formulas are composed of the highest quality materials. Every step of the manufacturing process is evaluated according to rigorous qualitative and quantitative standards. We test every incoming

lot of herbs for more than 250 different pesticides as well as all toxic metals and bio-burdens, such as yeast, mold, *E. coli*, *Staphylococcus*, *Salmonella* and total aerobic plate count. Our Certificates of Analysis (*see pages 7 and 8*) attest to the extensive testing our products undergo.

Every herb is inspected for appropriate genus and part, as well as for quality and freshness, using traditional organoleptic methodology, and testing such as HPTLC (High Performance Thin Layer Chromatography). The herbs' size, shape, aroma, taste and texture are examined for the purpose of identification as well as quality. Each herb is also examined for cleanliness and for the absence of filth or animal parts, bugs or larvae. Only superior grades are selected, and any adulterated, improperly substituted or poor quality herbs are rejected. Our database contains detailed specification describing the physical characteristics and quality markers of more than 300 Chinese herbs.

Certain Chinese herbs are treated with sulfur to give them an appearance of freshness and, as a result, many have demonstrated unacceptably high levels of sulfites. At Kan Herb Company, our first concern is safety, and we make every effort to ensure that our herbs are indeed sulfite-free.

We choose to use organic herbs when available, such as is the case with our Ginseng, as we have access to a steady supply of organic-grade material. The selection of organic Chinese herbs, while growing, is not yet encompassing of all of the herbs that we use regularly, nor is it always available.

Current Good Manufacturing Practices

To ensure that our finished products are of consistently high quality, and to prevent materials from being adulterated or contaminated, we have established manufacturing controls that meet or exceed recognized current Good Manufacturing Practices (cGMPs) set forth by the United States Food and Drug Administration. Our internal manufacturing controls provide documented proof that correct procedures are consistently followed, at each step of the manufacturing process, every time the product is made. Our cGMPs assure the safety, purity, consistent composition and quality of all of our finished products.

Extensive controls cover the sanitation and hygiene of our facilities, utensils, production materials and containers, as well as frequent, and at least weekly, testing of our manufacturing equipment, utensils and holding tables for total aerobic count, yeast and mold, E. coli and total coliforms. Utilizing qualitative and quantitative analysis, Kan Herb Company's Quality Control unit oversees all procedures, procurements, specifications, controls, tests and examinations that impact the purity, quality and composition of an ingredient or product. All raw materials, in-process and finished Chinese herbal dietary supplements are inspected by our Quality Control unit; complete inspection records and laboratory tests are maintained.

Controls are also in place for handling in-process dietary materials throughout each step of the production process, such as worksheets and traveling tags, assuring consistency from batch to batch, easy monitoring, and averting opportunities for adulteration. All bulk herbal ingredients are stored in temperature-controlled quarantine areas. In-process dietary supplements are labeled with a formula identification number, lot number, receiving date and expiration date for easy tracking by our Quality Control (QC) department. Finished product is bottled in approved containers that are then capped and sealed with a tamper-proof covering and shrink-wrapped. Every bottle is barcoded for ease of tracking. Our entire manufacturing plant and warehouse are monitored daily for proper temperature and humidity.

Our Master Manufacturing Record (MMR) specifies every step that must be performed, from the dietary ingredients being used to the end result – a bottle ready to be sold. At every step of the manufacturing process, a QC technician verifies weight and ingredients, attesting that each step of production is performed as specified in the MMR, and attesting that the in-process dietary supplement is clearly identified.

Any dietary ingredient, in-process, finished dietary supplement, packaging unit or label not meeting specifications is rejected. The rejection is recorded in our rejection log, documenting the reason why it was rejected. Any deviation or out-of-specification to the manufacturing cycle is investigated, and approved or rejected by Quality Control. Our safety limits meet or exceed United States Pharmacopeia's (USP) recommended limits for heavy metals, total bacterial count, yeast, mold, E. coli and Salmonella.



TESTING FOR SAFETY

Once the herbs have passed the initial Quality Control requirements, they are tested for heavy metals, over 250 types of pesticide residues and microbiological contaminants. We ensure that our products are free of any herb that may contain aristolochic acid.

TESTS PERFORMED

Over 250 pesticide agents are screened, including:

- Organophosphates
- Organonitrogen
- Organochloride
- N-Methyl Carbamate

Heavy Metals Screened:

- Lead
- Cadmium
- Arsenic
- Mercury

Microbiological Screening:

- Total Aerobic Plate Count
- E. Coli
- Total Coliforms
- Yeast and Mold
- Salmonella

Product Identification:

- Organoleptic Testing
- Chemical Identity Testing (HPTLC)

Stability Testing



Testing for Safety

Once the herbs have passed the initial Quality Control examination and identity tests, they are subsequently tested for heavy metals, more than 250 types of pesticide residues, and microbiological contaminants. The newest technologies are employed, providing a high level of sensitivity for any desired marker, and a highly accurate representation of activity. Our tests are comprehensive, accurate, and available in reports that are easy to understand. Thanks to the rigorous testing of each herbal ingredient, our customers are assured that Kan Herb Company's proprietary products are composed of the highest quality herbal materials.

Our finished dietary supplements are tested for total aerobic count, E. coli, coliforms, yeast, mold and salmonella; and for heavy metals, including lead, cadmium, arsenic and mercury. We perform stability testing to ensure the quality of our products over time. Stability testing is performed at one, two, three and four years after the manufacturing date for all our finished dietary supplements. Tests include total bacterial count, and yeast and mold.

All batches of finished product must be approved by Quality Control before they can be bottled and released for sale. If the formula does not match specified standards, it is rejected.

A Certificate of Analysis is made for each finished dietary supplement. This is available to the public and practitioners on our website (www.kanherb.com) for all of our finished proprietary dietary supplements. The Certificate of Analysis includes all pesticide, microbiological and heavy metal levels found in that specific batch for that specific formula.

Concentrated and Readily Absorbed Herbal Extracts

Once our dietary ingredients have passed quality inspection and testing, they are compounded into a formula and painstakingly blended and ground, making the active ingredients more accessible. They are processed according to Kan Herb Company's unique water/alcohol extraction methodology.

Excellent manufacturing techniques are required to yield the high concentration of active ingredients necessary for effective herbal therapy. Due to the molecular composition of the herbs, some herbs extract well in water, while others, such as Ginseng, require alcohol to extract the active ingredients (such as ginsenosides). Kan Herb Company's innovative closed system, water-alcohol matrix extraction process ensures that all active ingredients are captured, while letting no volatile oils escape. With strict control of temperature and timing, the herbs are extracted at low temperatures, with all volatile oils captured in our closed glass system. The water is purified through a reverse osmosis process. All stages of



MICROBIAL LIMITS

Microbial limits for incoming dietary ingredients, for both tablets and liquid extracts, in-process and finished dietary supplements are as follows:

TOTAL AEROBIC PLATE COUNT:

- 100,000 Colony Forming Units (CFUs) per gram for tablets
- 10,000 CFUs per gram for liquid extracts

TOTAL YEAST AND MOLD:

- 10,000 CFUs per gram for tablets (dried, unprocessed herbs)
- 1,000 CFUs per gram for liquid extracts

TOTAL COLIFORMS:

- 10,000 CFUs per gram for tablets (dried, unprocessed herbs)
- 100 CFUs per gram for liquid extracts

SALMONELLA:

- Not detected in 10 grams

ESCHERICHIA COLI (E. COLI):

- Not detected in 10 grams



the cooking process are clearly identified with cooking, pressing, extraction and centrifuge time, and certified at every stage by a Quality Control Technician.

This process ensures a complete extraction that yields maximum active ingredients from each of the herbs being extracted. The diversity of taste and smell inherent to each herb found in each formula is clearly rendered in the final product.

Batch to batch consistency of each lot of finished liquid extract is verified. Each product is referenced against up to three prior batches, confirming proper extraction as indicated by consistent color, appearance, odor and taste. The highest level of active constituents are included in our final product, rendering small batches of fresh, full-spectrum herbal extracts with an 8:1 potency. Our extracts are of remarkable character, enriched with the individual flavors and clinical potency that the ancient herbal masters intended.

Liquid extracts are the most bioavailable form of delivery available, surpassing any other mode of delivery, including tablets or concentrated powders. Easy to digest, they are ideal for those with weak digestion or difficulty swallowing pills, such as in the case for many older people and children. Our concentrated water/alcohol extracts are usually assimilated within 15 minutes of ingestion.

When the movement of Blood and Qi is the chosen course of action, extracts are generally more effective. Some individuals also appreciate the very direct experience of the herbs, through their strong taste. The flexibility offered by the liquid extracts allows practitioners to quickly modify any formula to tailor it to the individual's needs.

It is our experience that the small amount of alcohol consumed has little or no impact, and is offset by the overall effect of the herbs. If an alcohol-free administration is desired, extract drops may be added to freshly boiled water. Allow five to ten minutes for alcohol to evaporate.

The alcohol used in our liquid extracts is a corn/grain blend and certified to be gluten-free. USP-grade vegetable palm derived

glycerin is added to the Gentle Warriors/Peacemakers pediatric formulas and the Kan Essentials formulas.

Potency in a Tablet

Each in-process product, or individual herbal material is cooked using steam and pressure when needed. The product is compounded, finely milled and thoroughly blended. The resulting potent and bioavailable powdered material is tableted, utilizing varying levels of direct cold compression. Natural binders are only used when absolutely necessary. For preservation and easy swallowing, the tablets are coated with microcellulose, a natural FDA-approved vegetable based coating.

The tablets are tested to ensure quality and consistency. Meticulous tests for disintegration, weight and uniformity, hardness and friability are performed. Disintegration tests follow USP methodology monograph 2040 for nutritional supplements. Kan Herb Company's tablet disintegration rate is 30 minutes, with full assimilation normally occurring in four to six hours, the industry standard. The weight and uniformity of our tablets is confirmed by following USP methodology monograph 2091 for weight variation of nutritional supplements.

Hardness tests are conducted following standard industry practices; a machine gently applies pressure to determine their breaking strength, or hardness; they are distressed in a tumbler to determine friability and breakage. This thorough testing assures a tablet that is uniform, fresh, potent and bioavailable, as well as carrier-free.

Comparative Usage

We understand the convenience of tablets as a method of dosage. The majority of Kan Essentials formulas have been administered in pill or powder form for centuries. Water decoctions have become popular only in the past hundred years.

The tablets are particularly effective or recommended when a low dosage is indicated for long-term supplementing therapy.

Tablets are preferred for animals with alcohol intolerance. Compliance improves for these animals with tablet dispensing; tablets are easy to take. Alcohol (approximately 20% of a liquid extract) is considered by some herbalists to be too warming when used in formulas that clear Heat and nourish Yin.

Packaged for Freshness and Purity

Kan Herb Company is highly conscious of the quality of materials used in the packaging of our products.

All Kan products are packaged in either glass or high-density polyethylene (HDPE) bottles, approved by the FDA, and the most accepted form of environmentally sound and healthy packaging available. They are a recyclable material used throughout the industry for packaging. HDPE bottles are resistant to impact, moisture and permeability, and used for the packaging of all of our tablets. Our liquid extracts are enclosed in amber glass bottles.

At Kan Herb Company, we are committed to ensuring our products remain fresh throughout their shelf life. Sterilized bottles are filled using clean automated bottle technology, and each bottle is shrink-wrapped to protect against tampering.

Shelf Life and Storage

Well preserved in the alcohol solution, liquid extracts have a very long shelf life. Evaporation of alcohol is the only limiting factor, in which case the herbs will eventually congeal. Sealing the bottle tightly after use will prevent this. Our herbal constituents remain well preserved in the water/alcohol solution. We have assigned a three-year expiration date for our liquid extracts.

With proper storage, the shelf life of Kan Herb Company tablets is three years. Once opened, exposure to air, moisture, heat and light will accelerate the formula's natural process of erosion. Seal the bottle after each use and store tablets in a cool, dry, dark place.

Environmental Responsibility

Kan Herb Company is highly conscious of materials used in the shipping and packaging of our products. Products are shipped in "air pouches" and biodegradable starch, which helps prevent environmental degradation.

Expert Support

Our commitment to you and your clients extends beyond what goes into the bottle. Product information, clinical recommendations, dosage data, contraindications and drug-herb interactions are all part of Kan Herb Company's expert consultation services. We are committed to being a partner you can count on. All of our consultants are licensed in both Acupuncture and Chinese Herbology, and are practitioners who are experts in the science that supports our products and the practical aspects of their use. Our consultants stand ready to assist you with all of your Chinese herb-related questions.

Discover Kan Herb Company Products

Customer satisfaction is our primary concern, and we take care to deliver only the best to your customers. Everything we do is driven by a passion for helping people enjoy better health.

At Kan, Quality is a Way of Life.




CHINESE HERBAL PRODUCTS YOU CAN TRUST

Certificate of Analysis Sample #1:
Grow and Thrive Extract

Kan Herb Company
380 Encinal, Ste. 100
Santa Cruz, CA 95060
Ph: 831-438-9450 Fx: 831-438-9457
Certificate of Analysis

Name of Product: Grow and Thrive		Extract-Tablets-Capsules: Extract			
Bulk Code: GT937-X	Lot Number: 1113-64				
Inspection	Results	Recommended Limits	Detection Limits	Methods	
Raw Materials	Pass				
Pesticides Screens	Result				
Organophosphate 72 Pesticides Tested	N.D.	NLE	.5 ppm	Flame Photometric	
Organonitrogen 27 Pesticides Tested	N.D.	NLE	.1 ppm	Nitrogen Phosphorus	
Organochloride 83 Pesticides Tested	N.D.	NLE	.2 ppm	Electron Capture Detection	
N-Methyl Carbamate 19 Pesticides Tested	N.D.	NLE	.1 ppm	High Performance Liquid Chromatography	
Heavy Metals		USP Limits	MDL	MRL	
Lead	0.010 ppm	6 ppm/day	0.006 ppm	0.017 ppm	ICP-MS/AOAC 993.14
Cadmium	N.D.	4.1 ppm/day	0.002 ppm	0.008 ppm	ICP-MS/AOAC 993.14
Total Arsenic	0.032 ppm	10 ppm/day	0.006 ppm	0.032 ppm	ICP-MS/AOAC 993.14
Mercury	N.D.	NLE	0.003 ppm	0.013 ppm	ICP-MS/AOAC 993.14
Microbiological		AHPA Limits			
Total Aerobic Count	<10 cfu/g	10,000 cfu/g	0 cfu/g	3M Petrifilm TAC	
E. Coli	Negative	0 cfu/g	0 cfu/g	3M Petrifilm EC	
Total Coliforms	Negative	100 cfu/g	0 cfu/g	3M Petrifilm TC	
Yeast & Mold	Negative	1,000 cfu/g	0 cfu/g	3M Petrifilm YM	
Salmonella	Negative	0 cfu/g	0 cfu/g	USP	
Product Identification					
Full Spectrum Distilled Water and USP Alcohol Extract					
Product Color	Pass		Conforms to spec	Database Archive	
Product Odor	Pass		Conforms to spec	Database Archive	

mcg/g: microgram per gram ♦ NLE: No Limit Established ♦ N.D.: None Detected ♦ ppm: parts per million
 NDL: No Detection Limit. Salmonella tests return only positive or negative results.
 Pesticide Screens performed by Environmental Micro Analysis Woodland, CA.
 Heavy Metals Screens performed by Eurofins, Bothell, WA.
 MDL: The lowest amount that is needed to detect presence of analyte.
 MRL: the lowest amount of analyte that can be quantitatively determined with stated acceptable precision and accuracy.

Prepared by:  Name: Megan Wemm
 Title: Quality Control Technician Date: 5/12/2014

Certificate of Analysis Sample #2:
Earth Maker Extract

Kan Herb Company
380 Encinal, Ste. 100
Santa Cruz, CA 95060
Ph: 831-438-9450 Fx: 831-438-9457
Certificate of Analysis

Name of Product:	Extract-Tablets-Capsules:
Earth Maker	Extract

Bulk Code:	Lot Number:
EMR975-X	0114-59

Inspection	Results	Recommended Limits	Detection Limits	Methods
------------	---------	--------------------	------------------	---------

Raw Materials	Pass			
----------------------	------	--	--	--

Pesticides Screens	Result			
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Organophosphate				
72 Pesticides Tested	N.D.	NLE	.5 ppm	Flame Photometric
Organonitrogen				
27 Pesticides Tested	N.D.	NLE	.1 ppm	Nitrogen Phosphorus
Organocloride				
83 Pesticides Tested	N.D.	NLE	.2 ppm	Electron Capture Detection
N-Methyl Carbamate				
19 Pesticides Tested	N.D.	NLE	.1 ppm	High Performance Liquid Chromatography

Heavy Metals		USP Limits	MDL	MRL	
--------------	--	------------	-----	-----	--

Lead	0.014 ppm	6 ppm/day	0.007 ppm	0.019 ppm	ICP-MS/AOAC 993.14
Cadmium	0.004 ppm	4.1 ppm/day	0.002 ppm	0.009 ppm	ICP-MS/AOAC 993.14
Total Arsenic	0.043 ppm	10 ppm/day	0.007 ppm	0.036 ppm	ICP-MS/AOAC 993.14
Mercury	N.D.	NLE	0.004 ppm	0.014 ppm	ICP-MS/AOAC 993.14

Microbiological		AHPA Limits		
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Total Aerobic Count	Negative	10,000 cfu/g	0 cfu/g	3M Petrifilm TAC
E. Coli	Negative	0 cfu/g	0 cfu/g	3M Petrifilm EC
Total Coliforms	Negative	100 cfu/g	0 cfu/g	3M Petrifilm TC
Yeast & Mold	Negative	1,000 cfu/g	0 cfu/g	3M Petrifilm YM
Salmonella	Negative	0 cfu/g	0 cfu/g	USP

Product Identification

Full Spectrum Distilled Water and USP Alcohol Extract			
Product Color	Pass	Conforms to spec	Database Archive
Product Odor	Pass	Conforms to spec	Database Archive

mcg/g: microgram per gram ♦ NLE: No Limit Established ♦ N.D.: None Detected ♦ ppm: parts per million

NDL: No Detection Limit. Salmonella tests return only positive or negative results.

Pesticide Screens performed by Environmental Micro Analysis Woodland, CA.

Heavy Metals Screens performed by Eurofins, Bothell, WA.

MDL: The lowest amount that is needed to detect presence of analyte.

MRL: the lowest amount of analyte that can be quantitatively determined with stated acceptable precision and accuracy.

Prepared by: 

Name: Megan Wemm

Title: Quality Control Technician

Date: 5/29/2014

Kan Herb Company Formula Lines

Our extensive Chinese herbal formula line includes:

- Kan Herbals
- Kan Traditionals
- Kan Essentials
- Chinese Modular Solutions
- Gentle Warriors
- Sage Solutions
- Jade Woman/Jade Man Herbals
- MycoHerb
- Alembic Herbals
- Kan Singles



Kan Herb Company Online

Innovative new services are available exclusively for qualified healthcare professionals at Kan Herb Company online.

Online Features

Expanded Product Search Tool

Search all proprietary products by:

- Product name
 - Traditional Chinese Herbology pattern category
 - Pattern
 - Formula name
 - Herb name (pinyin)



Online Exclusive Distribution Center

- Set up your distribution center with a custom order profile for each of your clients.
- Select formulas from a comprehensive offering of classical and modern formulas.
- Select your desired markup for each client.
- Your clients may select and pay for their orders on our secure website.
- Orders are delivered directly to your clients.
- Kan Herb Company keeps track of your markup earnings and pays them monthly.
- Payment status can be viewed online at any time.

Distribution Center Delivery Service

- Your clients may select and pay for their orders on our secure website. Orders are delivered directly to them.

Scientific Assurance: Certificates of Analysis

All Kan Herb Company proprietary products are manufactured and tested exclusively in the United States following current Good Manufacturing Practices. We test and validate each formula batch, assuring quality, potency, safety, consistency and purity.

Our Certificates of Analysis (*see pages 6 and 7*) attest to our commitment to quality. Certificates of Analysis are available for every formula that we manufacture. Ask for them with your order, or download them from our website at www.kanherb.com.



GENTLE WARRIORS PEDIATRIC FORMULAS

Efrem Korngold, LAc, OMD and Harriet Beinfield, LAc formulated the Gentle Warriors. They are familiar as co-authors of the best-selling *Between Heaven and Earth: A Guide to Chinese Medicine* and as pioneers in the United States as acupuncture and herbal educators and clinicians.

Providing Safe Solutions for Pediatric Care

Gentle Warriors includes 16 herbal formulas – 11 general formulas and 5 Peacemakers formulas. All are mild tasting, low-alcohol, liquid extracts that are easy for children to swallow. Adults can and do benefit from them as well.

The Gentle Warriors formulas support and protect the welfare of children, addressing many of the most common childhood disharmonies. The Gentle Warrior Peacemakers are constitutional formulas that nurture a child's nature (*Li*), each child's intrinsic organizing pattern.



MORE ABOUT FORMULATORS HARRIET BEINFELD AND EFREM KORNGOLD

After training in England in 1972, Korngold studied herbal medicine at the Kunming Traditional Medicine Research Institute and the Shanghai College of Traditional Chinese Medicine. Korngold has taught at the San Francisco College of Acupuncture, San Francisco State University and the American College of Traditional Chinese Medicine.

Beinfield serves on the Advisory Board of the Osher Center for Integrative Medicine at University of California San Francisco School of Medicine (UCSF) and on the Editorial Board of the peer-reviewed journals *Explore: The Journal of Science and Healing* and *Alternative Therapies in Health and Medicine*.

Beinfield and Korngold have lectured nationally and internationally, authoring *Between Heaven and Earth: A Guide to Chinese Medicine* as well as many articles. They practice acupuncture and dispense Chinese herbal formulas at their San Francisco clinic, Chinese Medicine Works.

Growing the Dao: Building Health in Early Childhood

The Digestive System Rules

For infants and young children, the digestive system rules, and good food is essential to healthy growth. According to Chinese tradition, the Middle Burner governs the activities of the Stomach and Spleen, dominating physiological and psychological processes during infancy and early childhood.² Relative to their size, children consume large quantities of food and fluids in order to generate an abundance of Nutritive (*Ying*) and Defensive (*Wei*) Qi and Blood (*Xue*). They also eliminate substantial waste. Children are active metabolically, yet limited by their immature respiratory, digestive, nervous and immune systems. Infants and young children are at the height of their adaptive capacities, yet they are vulnerable because the Middle Burner is challenged by the need to keep up with rapid growth. Children can easily and quickly succumb to disharmonies that make them feel badly, and just as quickly regain their equilibrium so that they feel well.

Because of their voracious appetites and easily overburdened eliminative functions, children can develop accumulations of food, fluids and Qi, which in turn may evolve into patterns of Qi Stasis, Food Stagnation, Dampness, Phlegm, Damp Heat, Heat and Internal Wind. Common manifestations of this disequilibrium of Qi might include occasional upsets in the stomach, surplus mucus in the nose, ears, throat and sinuses, occasional irregular bowels, rashes or excessive sweating, temperature changes, occasional sleep disturbances, restlessness and irritability. These can predispose a child to weakened defenses as well as a loss of mental focus and emotional equanimity.

1 The functions of the Upper Burner (Lung: respiratory system; and Heart: cortical functions of the central nervous system) and the Lower Burner (Liver: sensory, motor, nervous system; and Kidney: reproductive, developmental, urogenital system) are active, but not as robust as that of the Middle Burner (Spleen: digestive system).

2 *Dao De Ching* verse 55 by Lao-Zi adapted translation by Stephen Cowan.



*To get to the
richness of practice
Just look at the
blushing baby.*

*Such weak bones
and tender muscles
And yet, what a
firm grasp.*

*Unaware of sexuality
and yet so
fully aroused.*

*Such is his
utmost Essence.*

*Crying all day
and yet never
getting hoarse.*

*Such is her
utmost Harmony.*

— Lao Zi 55 ^[1]

Vulnerable and responsive to fluctuating internal and external influences, children can have dramatic responses. So it is important to pay attention to the timing and dosage of immunizations, antibiotics, decongestants and antihistamines as well as to their exposure to new foods and environments. Some common circumstances that put children at risk for imbalances include absent or early termination of breast-feeding and the abrupt introduction of cow's milk, soy-based infant formula or solid foods before the child can adequately digest them. Even a breast-fed infant can react adversely to foods in the mother's diet that pass into her milk. Food intolerance can disrupt the fragile ecology of the gut, as can antibiotics or immunizations, spawning tribulations of different sorts. Following are a few simple and supportive measures that can be employed to help prevent physical vulnerabilities and developmental problems from occurring:

1. Ideally, babies should breastfeed. The combination of friendly bacteria in the intestines with the antibodies present in breast milk builds resistance until the child's own immune system becomes fully competent. Do not hurry to substitute cow, goat, sheep or soy for breast milk, as these can induce allergic reactions and immunological changes in the small and large intestine, and have profound nutritional consequences unless supplemented with other foods. Experiment with naturally fermented products such as yogurt, but be alert to any signs of intolerance such as mucus congestion, skin irritation, indigestion, diarrhea, irritability or sleep disturbance. Contrary to conventional wisdom, it

is not essential for children to continue drinking milk after the cessation of breastfeeding in order to maintain adequate calcium levels for proper growth. Sufficient calcium is available in other foods, including leafy green vegetables such as kale and collard greens, sprouted barley and quinoa, black and pinto beans, almonds and hazelnuts, sunflower and sesame seeds, sardines or other small fish in which the bones can be consumed with the meat.³ Also, soup cooked with marrow bones and a little vinegar is an excellent source of calcium, phosphorous and essential amino acids.

2. Adherence to a rigid feeding schedule can be problematic, as can overfeeding. Introduce new foods slowly, one at a time, when the child's appetite indicates a need and taste for them. One indicator of the right moment may be the emergence of the two upper and lower teeth. Emphasize simple, easy to digest, non-allergenic foods: soupy porridge made from non-glutinous white rice, cooked and pureed carrots, yams, spinach, apples, pears or bananas; diluted, unsweetened fruit juices; vegetable or meat broth. Finally, it is good to avoid the early or excessive feeding of sugar, honey, fruit juice, grains, starchy foods (bread, crackers, pasta), raw fruits and vegetables.
3. Avoid giving infants or toddlers iced or refrigerated liquids or foods – the cold causes Stomach Qi to stagnate, inhibiting the capacity to digest, assimilate and eliminate. Liquids and soft cooked foods served warm or at room temperature are the most desirable and beneficial, especially when children are sick.

3 Pitchford, Paul, *"Healing With Whole Foods,"* North Atlantic Books, Berkeley, CA, 1993, pp. 177-187.

4. Since it is better for children to develop senses of taste and smell at their own pace, avoid adding flavorings or condiments to food, including salt, soy sauce, pepper, garlic, ginger, sugar, oil or vinegar unless it is for specific reasons.
5. Chinese traditional thinking warns against overly enthusiastic or frenetic activities that cause excessive physical, mental and emotional stimulation. Over-excitement of the mind and senses can agitate infants and toddlers, creating a dissonance between psyche and soma (*Shen-Jing*) that may lead to physical, psychological and cognitive disturbances such as failure to thrive or behavioral problems. Resist exposing young children to prolonged or over-excited conversation, intense visual and auditory experiences like television, movies, loud music, fireworks and other events that may be too intellectually demanding or overwhelming to their sensitive nervous systems. This is particularly true for eating while watching television, which has been linked to long-term obesity and Attention Deficit Disorder.^{4, 5, 6} For proper restorative sleep, conditions that are not too noisy, bright, hot, cold or too isolated are optimal.
6. Immunizations for some infants and toddlers can be challenging. To optimize conditions for immunizations, it is best to avoid the administration of multiple vaccinations simultaneously at one visit. Just as it is rare that one be exposed to multiple diseases simultaneously, receiving multiple immunizations puts an undue burden on an already delicately balanced organism. It is also important to postpone immunizations with a live vaccine (such as measles, mumps, rubella or chicken pox) for one month following an acute febrile illness such as a cold, flu or gastroenteritis, in order to give the immune system time to recover.
7. Since antibiotics and immunizations can have a powerful impact on the immature intestinal tract and easily upset the child's immunological equilibrium, digestive capacity, cognitive competence and mental tranquility, supplement these treatments with ample doses of beneficial intestinal bacteria (bifidus, sporogenes and saccharomyces in the case of yeast overgrowth) and warm fluids. In the case of immunizations, acupuncture and herbal formulas such as **Grow and Thrive** and **Windbreaker** can bolster a child's defenses and offer overall support prior to and following vaccinations. Some children with weak digestion, poor appetite and slow growth can also benefit from digestive enzymes (vegetable or animal source) that include protease (for proteins), amylase (for starches), lipase (for fats), and lactase (for the milk sugar lactose).

4 Crespo, Carlos, Dr.P.H., et al., "Television Watching, Energy Intake, and Obesity in US Children," Archives of Pediatrics and Adolescent Medicine, March 2001, Vol. 155, No. 3, pp. 360-365.

5 "Polluting Their Minds," Mental Health Today, June 22-5, 2005.

6 Obesity and ADHD may represent different manifestations of a common environmental over-sampling syndrome: a model for revealing mechanistic overlap among cognitive, metabolic and inflammatory disorders. *Med Hypotheses*, May 16, 2005.

Dosage and Administration

For babies less than one year, and for children between the ages of one and four, frequency of dosage is more important than quantity. The herbs should be given each time the child would ordinarily nurse, drink or eat. For children between five and twelve years old, regularity and timing are also critical factors: the herbs should be taken shortly after awakening, before or after regular meals and at bedtime. In general, it is easiest to administer the formulas to children as part of their morning, mealtime or evening ritual. For small children and for those averse to strange tastes, the extracts may be squirted into the back of the throat where there are fewer taste buds and the swallowing reflex is easily triggered.

The herbs need not be refrigerated, as they have a long shelf life when kept tightly capped and out of direct light. No liquid extract should be given chilled from the refrigerator, but rather warmed or at room temperature. The extracts may also be mixed with room temperature fruit juice, milk, cereal and mashed fruits or vegetables to facilitate ingestion and further mask their taste. However, when the herbs become diluted by more than small quantities of foods or liquids, the overall dosage or frequency may need to increase in order to obtain the expected effects, unless a very slow and moderate action is desired.

Pediatric Dosage and Administration Guidelines

SUGGESTED USE: 2-3 TIMES DAILY

0 to 4 years: 15-30 drops

4 to 8 years: 30-45 drops

8 to 12 years: 45-60 drops

12 years to adult: 60-90 drops

30 drops = 1 dropperful

Dilute in 1 teaspoon of breast milk or hot water for infants, or mix with 1 tablespoon of juice at room temperature or 1/4 teaspoon of maple syrup for toddlers and children. Mix in 1/4 cup hot water or juice for children 10 years or older. Mix in 1/4 to 1/2 cup hot water for adults.





GENTLE WARRIORS

**FORMULAS TO SUPPORT
AND PROTECT THE
WELFARE OF CHILDREN**

Windbreaker

Dispels invasion of Wind Heat and Wind Cold, dispels congealed Moisture (Phlegm), clears invasion from superficial body layers, descends Lung Qi, supplements Moisture (Jin Y) and harmonizes Stomach Qi.

INGREDIENTS

ENGLISH

Chinese cinnamon twig
Chrysanthemum flower
Kudzu root
Honeysuckle flower
Forsythia fruit
Magnolia flower
Imperata rhizome
Fragrant angelica root
Chinese mint herb
Tangerine dried rind of mature fruit
Licorice cured Pinellia rhizome
Siler root
Chinese licorice root and rhizome
Platycodon root
Schizonepeta herb
Phragmites rhizome
Burdock fruit
Notopterygium root and rhizome
White mulberry leaf
Cimicifuga rhizome
Perilla leaf

PHARMACEUTICAL

Cinnamomi ramulus
Chrysanthemi flos
Pueraria lobatae or thomsonii radix
Loniceræ flos
Forsythiæ fructus
Magnoliæ flos
Imperatæ rhizoma
Angelicæ dahuricæ radix
Menthæ haplocalycis herba
Citri reticulatæ pericarpium fructus
Pinellia præparatum rhizoma
Saposhnikoviae radix
Glycrrhizæ radix et rhizoma
Platycodonis radix
schizonepetæ Herba
Phragmitis rhizoma
Arctii fructus
Notopterygii rhizoma et radix
Mori folium
Cimicifugæ rhizoma
Perillaefolium

PINYIN

Gui zhi
Ju hua
Ge gen
Jin yin hua
Lian qiao
Xin yi hua
Bai mao gen
Bai zhi
Bo he
Chen pi
Fa ban xia
Fang feng
Gan cao
Jie geng
Jing jie
Lu gen
Niu bang zi
Qiang huo
Sang ye
Sheng ma
Zi su ye

Upper Burner disharmonies in children are indicative of Wind invasion. External Wind agitates Qi and Moisture, ushering in a panoply of discomforts. Because of the natural reactivity of infants and small children, rebellion is often the motif of their afflictions: the damp, warm Qi of the Stomach, Intestines and Gallbladder easily revolts upward, obstructing the descent of Heart and Lung Qi (*Zong Qi*) from the head and chest. As a result, profuse Heat and Phlegm are generated quickly.



FORMULA FUNCTIONS

- Clears Wind Heat and Wind Cold.
- Dispels Phlegm from superficial body layers.
- Descends Lung Qi.
- Supplements Moisture.
- Harmonizes Stomach Qi.
- Relieves signs of sudden invasion of external adverse influences.

INDICATIONS

- Occasional sneezing and runny nose.
- Occasional scratchy throat.
- Occasional itchy eyes or skin.
- Occasional stuffy ears.
- Occasional aversion to wind and chill.
- Occasional body ache or sore muscles.

PULSE

Floating or floating and rapid.

TONGUE

Pink or slightly redder than normal with thickened white fur.

CIRCUMSTANCES REQUIRING CAUTION

- Dehydration.
- High fever (above 102 degrees F).
- Very lethargic and chilly.
- Profuse perspiration at rest.

Although the Defensive Qi (*Wei*) of youngsters is fragile, it is extremely vigorous, manifesting as the sudden appearance of distress and rapid fluctuation in otherwise normal functions and behaviors. **Windbreaker** deftly address these dramatic, but superficial and usually transient imbalances.

This formula can also be used preventively, offering protection from exposure to invasions or the weather, and a bulwark against lowered resistance following excessive mental or emotional stimulation. The goal is to quickly eliminate the primary evils (*Xie Qi*) of Wind and Heat.

RATIONALE

Fragrant angelica root, Chinese mint herb, Siler root, Schizonepeta herb, Perilla leaf, Kudzu root, Notopterygium root and rhizome, Magnolia flower, White Mulberry leaf, Chrysanthemum flower, Burdock fruit and Cimicifuga rhizome all expel Wind and Heat from the exterior region of the body.

Within the group of Wind-expelling herbs, Fragrant angelica root, Notopterygium root and rhizome, Siler root, Chinese cinnamon twig and Kudzu root release the exterior, promoting circulation of Blood and Qi and supporting healthy Upper Orifices. Chrysanthemum flower, Chinese mint herb, White mulberry leaf, Burdock fruit and Cimicifuga rhizome dispel Wind, Heat and Invasions in eyes, mouth and throat. The combination of Schizonepeta herb, Cimicifuga rhizome, Kudzu root, Burdock fruit and Chinese mint herb facilitates the expression and resolution of Heat and Invasions in the Blood that are trapped in the *Wei* and Qi layers. Chinese cinnamon twig, Chinese mint herb, Fragrant angelica root and Magnolia flower support normal secretions and circulation in the nose and sinuses while clearing Heat and dispelling Wind.

Forsythia fruit, Honeysuckle flower, Phragmites rhizome and Imperata rhizome purge Heat and Invasions from the exterior and from the Blood, enhancing the abilities of Burdock fruit, Cimicifuga rhizome, Schizonepeta herb and Chrysanthemum flower. Phragmites rhizome and Imperata



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Baby Protecting Elixir (*Bao Ying Dan*)
- Magnolia Flower Powder (*Xin Yi San*)
- Mulberry and Chrysanthemum Cold Tablet (*Sang Ju Gan Mao Pian*)
- Ligusticum and Green Tea Pill (*Chuan Xiong Cha Tiao Wan*)
- Nasal Tablets (*Bi Yan Pian*)

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

rhizome especially help to supplement Moisture and support normal secretions, which helps to clear Heat from the Lung and Stomach via the Bladder.

The remaining herbs in the formula assist by clearing Heat and Invasions, loosening Phlegm, countering Dryness and rectifying the Qi of the Lung and Stomach. Tangerine dried rind of mature fruit, licorice cured Pinellia rhizome, Chinese licorice root and rhizome and Platycodon root transform Phlegm and help the Qi of the Lung and Stomach to properly descend. Perilla leaf and Chinese cinnamon twig also contribute to this process.



Chest Relief

Chest Relief ventilates the Lung, soothes the throat, relaxes the Chest, gently dispels Phlegm, supports expectoration, replenishes Moisture, rectifies Lung Qi, calms the Shen, expels Wind/Heat and Wind/Cold and bolsters the Nutritive (Ying) and Defensive Qi (Wei).

INGREDIENTS

ENGLISH

Platycodon root
Zhejiang fritillary bulb
Chinese skullcap root
Bamboo secretion
Scrophularia root
Honey fried Stemona root
White peony root
Tangerine dried rind of mature fruit
Licorice cured Pinellia rhizome
Poria
Chinese licorice root and rhizome
Ginger rhizome
Trichosanthes seed
Magnolia bark
White mulberry leaf
Pseudostellaria root
Schisandra fruit
Aromatic Solomon's seal rhizome
Polygala root
Dry fried Bitter orange immature fruit
Perilla fruit

PHARMACEUTICAL

Platycodonis radix
Fritillariae thunbergii bulbus
Scutellariae radix
Bambusae concretio silicea
Scrophulariae radix
Stemona praeparata radix
Paeoniae alba radix
Citri reticulatae pericarpium fructus
Pinelliae praeparatum rhizoma
Poria sclerotium
Glycyrrhizae radix et rhizoma
Zingiberis rhizoma
Trichosanthis semen
Magnoliae officinalis cortex
Mori folium
Pseudostellariae radix
Schisandrae chinensis fructus
Polygonati odorati rhizoma
Polygalae radix
Aurantii praeparata fructus
immaturus
Perillae fructus

PINYIN

Jie geng
Zhe bei mu
Huang qin
Tian zhu huang
Xuan shen
Zhi bai bu
Bai shao
Chen pi
Fa ban xia
Fu ling
Gan cao
Gan jiang
Gua lou ren
Hou po
Sang ye
Tai zi shen
Wu wei zi
Yu zhu
Yuan zhi
Chao zhi shi
Zi su zi

Occasional discomfort in the chest and dryness in the throat can linger. When External Invasion of Wind, Heat, Cold or Dampness accumulates in the chest, this disrupts the descending and dispersing functions of the Lung and it is important to restore the proper downward movement of the Qi. Prolonged stagnation of Lung Qi can result in the depletion of Moisture, leading to Dryness. Because the Lung abhors dryness, it is often necessary to replenish Moisture. Reinforcing the Qi and Moisture of the Lung supports a healthy respiratory system, provides for adequate lubricating secretions and robust Defensive (Wei) Qi (or immunity).



FORMULA FUNCTIONS

- Subdues the reflux Qi of the Lung.
- Gently dispels Phlegm and replenishes Moisture, rectifying the Qi of the Lung.
- Purges Wind and Heat and bolsters the Nutritive (Ying) and Defensive Qi (Wei).

INDICATIONS

- Occasional bronchial irritation that is aggravated or triggered by drafts, change of position, fatigue, cold or hot foods and liquids, fluctuations in temperature or humidity, dryness or thirst.
- Supports healthy respiratory functions in children.

CIRCUMSTANCES REQUIRING CAUTION

- Dehydration.
- Shortness of breath or rapid breathing.
- Extreme weakness.

RATIONALE

Bamboo secretion, Polygala root, Trichosanthes seed, Zhejiang fritillary bulb, honey fried Stemona root, licorice cured Pinellia rhizome, Tangerine dried rind of mature fruit, Magnolia bark, Perilla fruit, White mulberry leaf, Ginger rhizome and Platycodon root transform and dispel Phlegm, moisten Dryness, alleviate occasional stuffiness in the chest and support easy expectoration.

Trichosanthes seed, Bamboo secretion, Scrophularia root and Chinese skullcap root dispel Phlegm Heat, soothe the throat and chest. Bamboo secretion, Scrophularia root and Polygala root calm the *Po* and *Shen* that become agitated when Phlegm and Heat pervade the Upper Burner.

Licorice cured Pinellia rhizome, Tangerine dried rind of mature fruit, Magnolia bark, Perilla fruit, dry fried Bitter orange immature fruit and Platycodon root help to dispel Phlegm as well as redirect the rebellious Qi downward, which settles the Stomach. While the Stomach and Spleen are the source of Phlegm, the Lung is its receptacle. Poria and Chinese licorice root and rhizome enhance the protective and harmonizing action of the herbs upon both the digestive and respiratory systems.

To help the body expel invasions, White mulberry leaf and Schisandra fruit purge External Wind and consolidate the Lung and Defensive Qi (*Wei*).

Many of the herbs in the formula are cooling, so the addition of Ginger rhizome prevents overcooling, especially of the Spleen and Lung as well as help to transform Phlegm and disperse stagnant Qi and Moisture. Another warm-natured herb, Schizandra fruit protects the body from excessive loss of fluids by securing the Qi and Yin of the Lung and Kidney, assists in rectifying the Lung Qi by reinforcing the anchoring function of the Kidney and quiets the *Shen*/Mind by harmonizing the Heart and Kidney.

Lastly White peony root, Poria, Aromatic Solomon's seal rhizome and Pseudostellaria root replenish Blood, Moisture and Qi and, along with Chinese licorice root and rhizome plus Chinese skullcap root, Heat is completely cleared and harmony ensues.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Return of Spring Elixir (*Hui Chun Dan*)
- Nourish Yin and Clear Lung Soup (*Yang Yin Qing Fei Tang*)
- Clear Qi and Transform Phlegm Pill (*Qing Qi Hua Tan Wan*)
- Lung Benefitting Formula (*Li Fei*)
- Apricot Kernel and Perilla Leaf Powder (*Xing Su San*)
- Perilla Seed Qi Downbearing Soup (*Si Zi Jiang Qi Yang*)

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Pipe Cleaner

Pipe Cleaner dispels Phlegm, clears Heat, astringes and moistens the Lung, removes obstructions from the channels, relaxes the chest and regulates Lung Qi, while nourishing the Kidneys and strengthening the Lower Burner, thereby supporting healthy respiratory function.

INGREDIENTS

ENGLISH	PHARMACEUTICAL	PINYIN
Earthworm	Pheretima	<i>Di long</i>
Gambir stem branch and twig	Uncariae ramulus cum uncis	<i>Gou teng</i>
Honeysuckle flower	Lonicerae flos	<i>Jin yin hua</i>
Mume fruit	Mume fructus	<i>Wu mei</i>
Schisandra fruit	Schisandrae chinensis fructus	<i>Wu wei zi</i>
Honey fried Purple aster root	Asteris praeparata radix	<i>Mi zhi zi wan</i>
Fluorite	Fluoritum mineral	<i>Zi shi ying</i>
Perilla fruit	Perillae fructus	<i>Zi su zi</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Platycodon root	Platycodonis radix	<i>Jie geng</i>
Radish seed	Raphani semen	<i>Lai fu zi</i>
Lepidium seed	Descurainiae seu lepidii semen	<i>Ting li zi</i>

Children often have difficulty eliminating mucus that accumulates. **Pipe Cleaner** helps ease this process and supports normal respiratory function and healthy expectoration.

Based on a modern Chinese recipe called *Yin Hua Wu Mei Tang*, formulated by Professor Liu Bichen, **Pipe Cleaner** contains five core ingredients not usually found in traditional formulas for Lung Qi stagnation: Mume fruit, Fluorite, Gambir stem branch and twig, Earthworm and Honeysuckle flower. These together contribute potent Heat-clearing and Qi-regulating properties to the formulation.

Liu explains that regardless of the etiology, *Yin Hua Wu Mei Tang* addresses the pattern of obstruction and attrition, the accumulation and



FORMULA FUNCTIONS

- Dispels Hot Phlegm.
- Dispels stagnant Qi and Moisture in the chest.
- Supports healthy respiratory function.

INDICATIONS

- Occasional cough.
- Occasional chest discomfort.
- Dry mouth and throat with thirst.
- Occasional sticky or thick phlegm.
- Supports a healthy respiratory system.

CIRCUMSTANCES REQUIRING CAUTION

- Dry, non-productive cough.
- Cough with fluent white or clear phlegm.

entanglement of Phlegm and Heat, the invasion of external Wind, Heat and Cold, all of which block the natural downward movement of Lung Qi, dry up the Yin (Moisture and Blood) and, when prolonged, deplete the Qi and Essence of the Lung and Kidneys.

RATIONALE

In **Pipe Cleaner**, Honeysuckle flower and Earthworm clear the Heat, neutralizing the external invasions that generate Heat and congestion of Qi and Moisture in the chest. Earthworm, Perilla fruit, Lepidium seed, Radish seed, Fluorite and Platycodon root ventilate and descend the Lung Qi. Honey fried Purple aster root, Fluorite, Schisandra fruit, Mume fruit and Chinese licorice root and rhizome warm, moisturize and astringe the Lung Qi, soothing the throat, clearing Phlegm and opening the chest. And, because it also arrests Internal Wind, Gambir stem branch and twig enhance the relaxing effects of the formula which supports normal expectoration.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Decoction of Ephedra, Apricot Seed, Gypsum and Licorice (*Ma Xing Shi Gan Tang*)
- Decoction of Three Seeds for Nursing the Parents (*San Zi Yang Qing Tang*)
- Support the Lung Decoction (*Ding Chuan Tang*)
- Decoction of Mulberry and Chrysanthemum (*Sang Ju Yin*)
- Powder for Purging Lung Heat (*Xie Fei San*)
- Snake Gallbladder and Tangerine Peel Powder (*She Dan Chen Pi Mo*)
- Qi Clearing Phlegm Transforming Pills (*Qing Chi Hua Tan Wan*)
- Lung Support Fire Eliminating Tablets (*Qing Fei Yi Huo Pien*)

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Open Air

Open Air is a variation of the famous **Perilla Seed Decoction** (*Su Zi Jiang Qi Tang*) that uses **Perilla fruit** as the leading ingredient for dispersing and descending stagnant **Lung Qi**. **Perilla fruit** is joined by herbs that ventilate the **Lung** and descend the **Qi**, dispel **Phlegm**, replenish **Moisture** and support the **Spleen** and **Kidneys**. Unlike **Ephedra** (*Ma Huang*), the foremost **Lung** opening and venting agent in the **Chinese Materia Medica**, **Perilla fruit** is gentler and safer, not causing strain on the heart or nervous system.

INGREDIENTS

ENGLISH	PHARMACEUTICAL	PINYIN
Perilla fruit	Perillae fructus	Zi su zi
Schisandra fruit	Schisandrae chinensis fructus	Wu wei zi
Platycodon root	Platycodonis radix	Jie geng
Lepidium seed	Descurainiae seu lepidii semen	Ting li zi
Apricot seed	Armeniaca amarum semen	Xing ren
Tangerine dried rind of mature fruit	Citri reticulatae pericarpium fructus	Chen pi
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	Gan cao
White mulberry root bark	Mori cortex radices	Sang bai pi
Chinese amomum fruit	Amomi fructus	Sha ren ren
Honey fried Stemon root	Stemonae praeparata radix	Zhi bai bu
Anemarrhena rhizome	Anemarrhenae rhizoma	Zhi mu
Honey fried Purple aster root	Asteris praeparatum radix	Mi zhi zi wan

The physical environment for babies and young children can both nurture and challenge the physiological competence of the organism during the early years of development. Even a healthy respiratory system can become vulnerable to an array of physical, chemical and biological stressors, including air pollutants, weather changes, microorganisms and allergens such as dust, pollen, mold, animal dander and house dust. Stressors may also include toxins such as second-hand cigarette smoke, insecticides, pesticides, or household cleaning agents and chemical off-gassing from building materials or carpeting.



FORMULA FUNCTIONS

- Relaxes the chest, disperses and descends the stagnant **Lung Qi**.

INDICATIONS

- Occasional shortness of breath.
- Occasional sticky phlegm.
- Occasional dryness and discomfort of the chest and upper abdomen.

CIRCUMSTANCES REQUIRING CAUTION

- Extreme weakness, lethargy.
- High fever (102° F or greater).
- Dehydration.
- Bronchial infection.

Obstruction of Lung Qi can manifest as an occasional restriction of the chest, causing insufficiency of Qi and Essence and weakening the body's defenses.

Obstructed Lung Qi is generally differentiated into two patterns:

1. Excess type, due to a stagnation and/or reflux of Lung Qi.
2. Deficiency type, due to a depletion of Qi in the Kidneys and Spleen.

Occasional coughing is almost always a manifestation of stagnant Qi that has been trapped in the chest and is unable to descend. What causes the Qi to become stuck may be occasional Phlegm, dryness, cold or hot air, wind, physical strain and fatigue, emotional upset or exposure to environmental agents (external invasions).

RATIONALE

Open Air combines Perilla fruit, Lepidium seed, Apricot seed, White mulberry root bark and Platycodon root to descend the Lung Qi, clear Lung Heat, expel Wind-Heat from the Lung, dispel Phlegm, open the chest and soothe occasionally irritated airways. Honey fried Purple aster root, honey fried Stemona root, Anemarrhena rhizome and Tangerine dried rind of mature fruit replenish moisture in the Lung and dispel Phlegm. Chinese amomum fruit soothes the Stomach, aids digestion and warms the Spleen and Kidneys, countering any Dampness induced by the moisturizing ingredients, and together with Schisandra fruit, aids the Kidneys in anchoring the descending Lung Qi and retaining Moisture and Essence. Chinese licorice root and rhizome gently tonifies the Qi of the Stomach and Spleen, soothing occasionally irritated membranes, dispersing Heat and harmonizing the ingredients.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Ephedra Decoction (*Ma Huang Tang*)
- Ephedra, Apricot Seed, Gypsum and Licorice Decoction (*Ma Xing Shi Gan Tang*)
- Three Seed Decoction for Nourishing the Parents (*San Zi Yang Qing Tang*)
- Perilla Seed Decoction to Descend the Qi (*Su Zi Jiang Qi Tang*)
- *Ping Chuan Wan*
- Ephedra and Armeniacae Relieving Tablets (*Ma Xing Shi Ke Pian*)
- *Ding Chuan Wan*

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Deep Breath

Deep Breath supports Lungs and Kidneys, resolves stagnation and reflux of Lung Qi and the occasional accumulation of Phlegm, Damp and Cold in the chest. It is appropriate to take this formula concurrently with other formulas that support healthy respiratory function. Deep Breath dispels Phlegm, dispels Wind, Heat or Cold and strengthens the Lung, Spleen and Kidney.

INGREDIENTS

ENGLISH

Cynanchum root and rhizome
Platycodon root
Honey fried Stemonae root
Honey fried Purple aster root
Tangerine dried rind of mature fruit
Dong quai root
Licorice cured Pinellia rhizome
Chinese licorice root and rhizome
Ginger rhizome
White Asian ginseng root and rhizome
Peucedanum root
White mulberry root bark
White mulberry leaf
Mume fruit
Schisandra fruit
Inula flower

PHARMACEUTICAL

Cynanchi stauntonii radix et rhizome
Platycodonis radix
Stemonae praeparata radix
Asteris praeparatum radix
Citri reticulatae pericarpium fructus
Angelicae sinensis radix
Pinelliae praeparatum rhizoma
Glycyrrhizae radix et rhizoma
Zingiberis rhizoma
Panax ginseng (white) radix et rhizoma
Peucedani radix
Mori Cortex radialis
Mori folium
Mume fructus
Schisandrae chinensis fructus
Inulae flos

PINYIN

Bai qian
Jie geng
Zhi bai bu
Mi zhi zi wan
Chen pi
Dang gui shen
Fa ban xia
Gan cao
Gan jiang
Bai ren shen
Qian hu
Sang bai pi
Sang ye
Wu mei
Wu wei zi
Xuan fu hua

Assisting children requires flexibility and attentiveness on the part of the provider to effectively address complex patterns of disharmony. The presenting complaints, the branch, are what is apparent or manifest, while the underlying pattern is the root. There can be fullness or excess (*Shi*) at the branch, but within the appearance of excess, also emptiness (*Xu*). Practically speaking, the two patterns may occur sequentially or simultaneously. The appearance of deficiency (*Xu*) (indicated by pale complexion, perspiration at rest, occasional fatigue and occasional lethargy), may mask a genuine excess (*Shi*), (indicated by a full, tense,



FORMULA FUNCTIONS

- Strengthens the Lungs and Kidneys to resolve the underlying deficiency that makes an individual vulnerable to stagnation and reflux of Lung Qi and accumulation of Phlegm, Damp and Cold in the chest.

INDICATIONS

- Occasional shortness of breath especially aggravated by physical activity, environmental irritants, fatigue, or exposure to cold air or wind.
- Occasional discomfort of the chest and throat.

CIRCUMSTANCES REQUIRING CAUTION

- Common cold or flu with fever.

pounding pulse and a tongue with thick yellow fur). On the other hand, there can be an outward appearance of excess (*Shi*), (indicated by occasional restlessness and the desire for cold drinks) that masks an underlying deficiency (*Xu*), (indicated by a thin, rapid pulse and a dry, pale tongue with a red tip and thin or absent fur).

Open Air focuses on the branch while **Deep Breath** focuses on the root, the underlying pattern of deficiency. **Open Air** is primarily composed of herbs that disperse and purge stagnant Qi combined with a few that supplement deficiencies of Qi and Moisture. **Deep Breath**, on the other hand, addresses patterns of deficiency, namely depleted Qi, Blood, Moisture and Essence of the Spleen, Lung and Kidney (the three sources of Qi).

Deep Breath also contains a few herbs that disperse and purge Qi and Phlegm to counter the potential stagnation that can result from supplementing Qi and Moisture in the midst of stagnation (the comingling of Phlegm, Cold, Heat and congested Qi). **Deep Breath** and **Open Air** can be an ideal combination.

RATIONALE

Deep Breath combines Cynanchum root and rhizome, Platycodon root, honey fried Purple aster fruit, honey fried Stemon root and Inula flower to warm, moisten and ventilate the Lung and disperse and descend the stagnant Qi. Peucedanum root, White mulberry root bark and White mulberry leaf assist the primary herbs in descending the Lung Qi while also expelling Wind-Cold and Wind-Heat from the Lung. Tangerine dried rind of mature fruit, together with licorice cured Pinellia rhizome, assists in the downward flow of Qi in the Upper and Middle Burner, as well as helping to dry Dampness and dispel Phlegm. Schisandra fruit, Mume fruit, Dong quai root and White Asian ginseng root and rhizome replenish Essence and Blood, tonify Qi, astringe the Essence and Moisture of the Lung and, together with Ginger rhizome, strengthen the Root by warming and consolidating the Qi and Essence of the Kidneys. Chinese licorice root and rhizome aids soothing the throat and chest, in opening and relaxing the chest, countering Heat, tonifying Qi and harmonizing all of the ingredients.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Generate the Pulse Powder (*Sheng Mai San*)
- Ginseng and Gecko Powder (*Shen Jie San*)
- Strengthen the Lung Decoction (*Bu Fei Tang*)
- Fritillary and Trichosanthis Fruit Powder (*Bei Mu Gua Lou San*)
- Poria, Licorice, Schisandra, Ginger and Asarum Decoction (*Ling Gan Wu Wei Jiang Xin Tang*)
- Fritillary Essence Tablets (*Chuan Bei Jing Pian*)
- Lung Benefiting Formula (*Li Fei*)
- Qi Guan Yan Ke Sou Tan Chuan Wan

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Grow and Thrive

Grow and Thrive is a nutritive tonic that has food-based ingredients. It is an impressive formula because of its dual action as both nourishing in itself while at the same time strengthening the capacity of the Spleen and Stomach to digest and assimilate food. **Grow and Thrive** fosters robust growth by promoting the adequate assimilation and smooth passage of food through the digestive tract. This formula strengthens the Spleen, Lung and Kidneys, harmonizes the Stomach and secures prenatal and postnatal Essence, supporting healthy growth and development.

INGREDIENTS

ENGLISH

Hyacinth bean
Poria
Lycium fruit
Chinese yam rhizome
Job's tears seed
Dry fried Kudzu root

Tangerine dried rind of mature fruit

Magnolia bark
Platycodon root
Radish seed
Lotus seed
Phragmites rhizome
Euryale seed
Charred Chinese hawthorn fruit
Fennel fruit

PHARMACEUTICAL

Lablab album semen
Poria sclerotium
Lycii fructus
Dioscoreae rhizoma
Coicis semen
Pueraria lobata or thomsonii
 preaparata radix
Citri reticulatae pericarpium
 fructus
Magnoliae officinalis cortex
Platycodonis radix
Raphani semen
Nelumbinis semen
Phragmitis rhizoma
Euryales semen
Crataegi praeparata fructus
Foeniculi fructus

PINYIN

Bai bian dou
Fu ling
Gou qi zi
Shan yao
Yi yi ren
Chao ge gen

Chen pi

Hou po
Jie geng
Lai fu zi
Lian zi
Lu gen
Qian shi
Shan zha tan
Xiao hui xiang

Underlying most of the challenges facing infants and young children is the immaturity of their digestive functions. After breathing, the second act that a newborn baby engages in is to suckle the mother's breast. The sucking response activates the entire digestive tube from the lips to the anus.



FORMULA FUNCTIONS

- Supports robust growth by strengthening the Spleen and Kidney (the sources of postnatal and prenatal Qi) and promoting healthy assimilation and smooth passage of food and fluid through the stomach and intestines.

INDICATIONS

- Occasional poor appetite, aversion to food or a limited eating capacity.
- Occasional digestive disturbances with possible belching, bloating, colic, stuck food, too little or too much elimination or a belly full of air.

CIRCUMSTANCES REQUIRING CAUTION

- Acute constipation or diarrhea.
- Nausea with vomiting.
- High fever (102° F or above).
- Dehydration.

There are two fundamental insufficiencies that underlie the evolution of all disharmonies of Yin and Yang, Qi and Blood, *Shen* and *Jing*, and they are deficits of prenatal and postnatal Qi. Our endowment of Original Qi (prenatal) is one over which there is little, if any, control. But the capacity to generate sufficient or even a surplus of Acquired Qi (postnatal) is a consequence of the child's constitutional endowment combined with parental behavior and the environment that one enters from the moment of birth. This is why it is so important to preserve and protect the fragile integrity of a child's stomach and intestines during the first year of life and until age seven or eight, at which time the permanent teeth appear, marking, according to the *Nei Jing*, the completion of the first stage of the life cycle.

In Chinese Herbology, the early life of the child is dominated by the activity of the Middle Burner: the Qi of the Spleen and Stomach. Until a child is about one year of age, he or she is mostly Stomach – a small, jolly, energetic eating machine. As this Middle Burner-dominated being grows beyond the first year, Upper and Lower Burner functions awaken, such as manipulating, exploring walking and talking. But all these behaviors develop from the center: the Spleen-Stomach and Middle Burner. **Grow and Thrive** supports the vigor and capacity of the Lung, Heart, Kidney and Liver Networks, which depend upon the postnatal Qi generated by the Spleen and Stomach.

Since the Nutritive Qi (*Ying*) generated by the Spleen Network is the basis of the Defensive Qi (*Wei*), disruption of Stomach Qi will lead to weakened resistance to external influences such as Heat, Cold and Wind (*Wai Yin* or *Wai Xie*). Thus, it is reasonable to suppose that occasional disturbances of digestion and elimination may often precede the appearance of distress due to External Invasion.

RATIONALE

The nutritive herbs Chinese yam rhizome, Hyacinth bean, dry fried Kudzu root, Poria, Job's tears seed, Euryale seed, Lotus seed and Lycium fruit



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Healthy and Quiet Pill (*Kang Ning Wan*)
- Spleen Strengthening Pill (*Jian Pi Wan*)
- Harmony Preserving Pill (*Bao He Wan*)
- Ginseng, Poria and Atractylodes Powder (*Shen Ling Bai Zhu San*)

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

support the Spleen-Stomach and tonify Qi and Blood. Within this group, Chinese yam rhizome, Hyacinth bean, Euryale seed, Lotus seed, Poria and Job's tears seed also regulate fluids and support normal bowel movements, counterbalancing the Dampness that may be generated by the effects of Lycium fruit. Also, Chinese yam rhizome, Hyacinth bean, dry fried Kudzu root, Phragmites rhizome and Job's tears seed protect against the external invasions of Wind, Damp and Summer Heat to which children are prone.

Fennel fruit, charred Chinese hawthorn fruit, Tangerine dried rind of mature fruit, Radish seed, Magnolia bark and Platycodon root enhance digestion, support a healthy peristalsis, dissipate Dampness and stagnant Qi (air).

Although this is not a formula that will over-stimulate the gut, the combination of the Qi-dispersing herbs with the moistening herb Lycium fruit will help to support healthy bowel function when it is occasionally inhibited by food stagnation or dryness of the colon. Furthermore, the mildly sweet and pungent taste of the ingredients will support a healthy appetite and augment the ability of the Stomach to receive food.



ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Tummy Tamer

Tummy Tamer is beneficial in helping to relieve occasional minor disturbances of the digestive system by dispersing stagnant Qi, draining Dampness and eliminating food accumulation.

INGREDIENTS

ENGLISH

Chinese hawthorn fruit
White atractylodes rhizome

Black jujube fruit
Patchouli herb
Tangerine dried rind of mature fruit

Poria
Chinese licorice root and rhizome
Radish seed
Forsythia fruit
Saussurea root
Chinese amomum fruit
Fennel fruit
Asian water plantain rhizome
Dry fried Bitter orange mature fruit

Perilla leaf

PHARMACEUTICAL

Crataegi fructus
Atractylodis macrocephalae
rhizoma

Jujubae fructus
Pogostemonis herba
Citri reticulatae pericarpium
fructus

Poria Sclerotium
Glycyrrhizae radix et rhizoma
Raphani semen
Forsythiae fructus
Aucklandiae radix
Amomi fructus
Foeniculi fructus
Alismatis rhizoma

Citri aurantium preaparata
fructus

Perillae folium

PINYIN

Shan zha
Bai zhu

Hei zao
Guang huo xiang
Chen pi

Fu ling
Gan cao
Lai fu zi
Lian qiao
Mu xiang
Sha ren ren
Xiao hui xiang
Ze xie
Chao zhi ke

Zi su ye

The early life of the child is dominated by the activity of growth. The Middle Burner regulates the function of the Spleen and Stomach that is responsible for the nourishment that feeds the growing process. As the child matures, the vigor and capacity of the Lung, Heart, Kidney and Liver Networks will critically depend upon the Qi generated by the Spleen and Stomach.

Not only is the gut responsible for the rapid assimilation of nutrients, but many important immunological mechanisms are also mediated via interactions across the membrane of the intestines. And, because the Qi



FORMULA FUNCTIONS

- Relieves the stagnation of Qi and food that results in occasional indigestion.

INDICATIONS

- Occasional belching, flatulence, bloating, stomach discomfort, nausea or malodorous stools.
- Occasional slow digestion of food, irregular bowel movements.
- Occasional fatigue or irritability after eating.
- Supports a healthy digestive system.

CIRCUMSTANCES REQUIRING CAUTION

None.

of the Stomach is so active in the early years, and because the organs are so sensitive, it is easy for the smooth peristaltic movement of the gut to become disturbed, resulting in temporarily irregular passage of food through the digestive tract.

Tummy Tamer is based upon the 14th century formula *Bao He Wan*. Whereas **Grow and Thrive** is a nutritive tonic, **Tummy Tamer** is a formula for supporting the functions of the digestive system. Whereas **Grow and Thrive** is more tonifying and consolidating, supporting the capacity of the Spleen to generate the post-natal Qi so important for growth and development, **Tummy Tamer** is more activating and dispersing, supporting the ability of the stomach and intestines to move food and waste through the gut in a smooth and rhythmic fashion.

RATIONALE

Chinese hawthorn fruit, Tangerine dried rind of mature fruit, Radish seed, dry fried Bitter orange mature fruit, Saussurea root, Fennel fruit and Perilla leaf aid the digestion of proteins, fats and starches by toning and activating the Stomach and Small Intestine, while dispersing and descending the Stomach Qi, thus promoting the proper movement of digestate through the gut. Perilla leaf and Forsythia fruit dispel the Heat and Dampness that collect in the Stomach and Intestines due to food accumulation, as well as expelling external invasions of Wind, Cold, Dampness and Heat that can cause occasional gastrointestinal distress. White atractylodes rhizome, Black jujube fruit, Poria, Asian water plantain rhizome and Chinese licorice root and rhizome strengthen the Spleen, eliminate Dampness and enhance assimilation of nutrients. Chinese amomum fruit, Fennel fruit, Tangerine dried rind of mature fruit, Patchouli herb, Perilla leaf, Saussurea root and Radish seed warm the Qi of the Stomach and Spleen, dispel Phlegm and counter reflux Qi.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Stomach Powder (*Ping Wei San*)
- Aucklandia Normalize Qi Pill (*Mu Xiang Shen Qi Wan*)
- Aucklandia, Amomum Nourish Stomach Pill (*Xiang Sha Yang Wei Wan*)
- Provide Life Pill (*Zi Sheng Wan*)
- Superior Mouth Breath Pure and Fresh Pill (*Jing Zhi Kou Qi Qing Xin Wan*)
- Healthy and Quiet Pill (*Kang Ning Wan*)

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Easy Going

Because of the sensitive nature of the digestive system in children, it is common for kids to have digestive upsets that lead to their bowels being occasionally either loose or not moving. When the bowels are not moving, it is helpful to relieve the stagnation of food and stool without excessive moistening or over-stimulation of the bowel. Easy Going enhances digestion as well as eliminating Qi stagnation.

INGREDIENTS

ENGLISH

Chinese hawthorn fruit
White atractylodes rhizome

Chinese rhubarb rhizome and root
Patchouli herb
Flax seed
Tangerine dried rind of mature fruit

Poria
Chinese licorice root and rhizome
Radish seed
Forsythia fruit
Saussurea root
Chinese amomum fruit
Dry fried Bitter orange mature fruit

Perilla leaf

PHARMACEUTICAL

Crataegi fructus
Atractylodis macrocephalae
rhizoma

Rhei rhizoma et radix
Pogostemonis herba
Linum usitatissimum semen
Citri reticulatae pericarpium
fructus

Poria sclerotium
Glycyrrhizae radix et rhizoma
Raphani semen
Forsythiae fructus
Aucklandiae radix
Amomi fructus
Citri aurantium preaparata
fructus

Perillae folium

PINYIN

Shan zha
Bai zhu

Da huang
Guang huo xiang
Ya ma zi
Chen pi

Fu ling
Gan cao
Lai fu zi
Lian qiao
Mu xiang
Sha ren ren
Chao zhi ke

Zi su ye

Easy Going is a modification of **Tummy Tamer** that, in addition to eliminating food stagnation and accumulation, unbinds the Qi of the Intestines. It is a salutary aid for occasional childhood irregularity that may arise from a variety of circumstances including improper diet, travel and the challenge of adapting to a new environment or daily schedule.



FORMULA FUNCTIONS

- This formula is a modification of **Tummy Tamer** that, in addition to eliminating food stagnation, activates the Qi of the Intestines.

INDICATIONS

- Occasional irregularity of bowel movements or constipation.
- Occasional gas, bloating, loss of appetite and other symptoms of digestive disharmony.
- Supports healthy digestion and elimination.

CIRCUMSTANCES REQUIRING CAUTION

- Acute gastroenteritis (stomach or intestinal flu).
- High fever (102° F or higher).
- Thirst, dehydration, sweating, weakness or lethargy.
- Suspected appendicitis or bowel obstruction.

RATIONALE

Easy Going is similar to **Tummy Tamer**, but with the addition of Flax seed and Chinese rhubarb rhizome and root, lubricates and supports healthy intestinal peristalsis to overcome the occasional retention of food and feces. In this formula, Chinese rhubarb rhizome and root is supported and complemented by the **Tummy Tamer** ingredients Chinese hawthorn fruit, Tangerine dried rind of mature fruit, Radish seed, dry fried Bitter orange mature fruit, Saussurea root and Perilla leaf which aid the digestion of proteins, fats and starches by toning and activating the Stomach and Small Intestine, while dispersing and descending the Stomach Qi, thus promoting the proper movement of digestate through the gut. In addition, Perilla leaf and Forsythia fruit dispel the Heat and Dampness that collect in the Stomach and Intestines due to food accumulation, as well as expelling external invasions of Wind, Cold, Dampness and Heat that can cause occasional gastrointestinal distress.

And, as in **Tummy Tamer**, White atractylodes rhizome, Patchouli herb, Poria and Chinese licorice root and rhizome strengthen the Spleen, eliminate Dampness and enhance assimilation of nutrients. Chinese amomum fruit, Tangerine dried rind of mature fruit, Perilla leaf, Saussurea root and Radish seed warm the Qi of the Stomach and Spleen, dispel Phlegm and counter reflux Qi.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Aquilaria Stomachic Pill (*Chen Xiang Hua Qi Wan*)
- Persica Seed Pill (*Run Chang Wan*)
- Cannabis Seed Pill (*Ma Zi Ren Wan*)

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Belly Binder

Belly Binder is a variation of Tummy Tamer with an emphasis on astringing Moisture and dispelling External and Internal Wind, Cold, Summer Heat, Dampness and Damp Heat, as well as eliminating food stagnation. It may be the perfect gentle solution for supporting healthy intestinal function.

INGREDIENTS

ENGLISH

White atractylodes rhizome

Hyacinth bean

Chinese pulsatilla root

Poria

Lotus seed

Chinese yam rhizome

Tangerine dried rind of mature fruit

Chinese licorice root and rhizome

Patchouli herb

Eupatorium herb

Chinese amomum fruit

Chinese hawthorn fruit

Asian water plantain rhizome

Perilla leaf

PHARMACEUTICAL

Atractylodis macrocephalae rhizoma

Lablab album semen

Pulsatillae radix

Poria sclerotium

Nelumbinis semen

Dioscoreae rhizoma

Citri reticulatae pericarpium fructus

Glycyrrhizae radix et rhizoma

Pogostemonis herba

Eupatorii herba

Amomi fructus

Crataegi fructus

Alismatis rhizoma

Perillae folium

PINYIN

Bai zhu

Bai bian dou

Bai tou weng

Fu ling

Lian zi

Shan yao

Chen pi

Gan cao

Guang huo xiang

Pei lan

Sha ren ren

Shan zha

Ze xie

Zi su ye

When occasional loose bowel movements occur, it is important to quiet the stomach and intestines so as not to cause an opposite reaction.

Belly Binder can help support intestinal activity so as not to produce constipation. Occasional diarrhea may result from a number of causes including Food Accumulation, too much raw or cold food, and as a normal reaction to stress. Depletion of Qi and Blood, Yin and Yang, particularly of the Spleen and Stomach, can lead to overall deficiency. In this instance it is probably wiser to use tonifying formulas such as **Grow and Thrive** or **Strengthen Spleen**.



FORMULA FUNCTIONS

- This formula checks leakage from the Intestines while supporting healthy digestion.

INDICATIONS

- Occasional loose stool or diarrhea accompanied by occasional bloating, nausea or loss of appetite.
- Supports a healthy digestive system.

CIRCUMSTANCES REQUIRING CAUTION

- Weakness or lethargy, thirst, dehydration and high fever (102° F or above).

RATIONALE

Chinese hawthorn fruit, Tangerine dried rind of mature fruit and Perilla leaf support digestion and eliminate Food Accumulation. White atractylodes rhizome, Chinese yam rhizome, Poria, Hyacinth bean, Lotus seed, Eupatorium herb and Asian water plantain rhizome are astringent and dispel exterior Wind Damp, disperse internal Dampness, strengthen the Spleen and consolidate Moisture and Qi, toning the membranes of the bowel and supporting peristalsis. In addition, Chinese pulsatilla root dispels the interior Damp Heat that often accompanies Summer Heat Invasion, while Chinese amomum fruit and Patchouli herb warm the Spleen and Stomach, soothes the intestines, relieving the discomfort caused by stagnant Qi. Finally, Chinese licorice root and rhizome not only harmonizes the formula, but aids Chinese pulsatilla root and Perilla leaf in dispelling Heat.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Stomach Harmony Pill (*Bao He Wan*)
- Quiet and Peaceful Pill (*Kang Ning Wan*)
- Sweet Dew Clear Heat Tablet (*Gan Lu Qing Re Pien*)
- Agastache Pill (*Huo Xiang Zheng Qi Pien*)
- Intestine Soothing Pill (*Tong Xie Yao Fang Wan*)
- Benevolent Elixir (*Ren Dan*)

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Fire Fighter

Fire Fighter dispels Heat, Damp Heat and accumulations (Du) from the Blood, activates the liver and bowels, expels Adverse (Xie) Qi from the body's exterior and helps promote healthy circulation and distribution of Blood and Moisture in the skin and mucus membranes.

INGREDIENTS

ENGLISH

Oldenlandia herb
Platycodon root
Honeysuckle flower
Forsythia fruit
Burdock fruit
Dandelion herb
Scrophularia root
Chinese mint herb
Clove Flower
Chinese licorice root and rhizome
Black jujube fruit

PHARMACEUTICAL

Hedyotis diffusae herba
Platycodonis radix
Lonicerae flos
Forsythiae fructus
Arctii fructus
Taraxaci herba
Scrophulariae radix
Menthae haplocalycis herba
Caryophylli flos
Glycyrrhizae radix et rhizoma
Jubabae fructus

PINYIN

Bai hua she she cao
Jie geng
Jin yin hua
Lian qiao
Niu bang zi
Pu gong ying
Xuan shen
Bo he
Ding xiang
Gan cao
Hei zao

The skin is not an efficient organ of elimination, which is why normal metabolic wastes and other types of physiological by-products may accumulate in the Blood and reveal their presence in occasional changes in the color, texture and moisture of the skin as well as the mucus membranes that line the mouth, throat, gut and upper respiratory organs.

It is fairly common for children to manifest transient changes in the appearance of the skin as they develop and adapt to changes in their food, clothing, hygiene and their external environment. When normal developmental processes, including expected hormonal changes, present a challenge to the growing child, the normal functions of discharge via the bladder and colon can become taxed, resulting in the skin pinching as a secondary organ of elimination.

From the Chinese Herbology point of view, when Heat or accumulations (Du) are not properly discharged, they will generate congestion in the



FORMULA FUNCTIONS

- Dispels Heat, Damp Heat and unusual accumulations from the Blood.
- Helps promote healthy circulation and distribution of Blood and Moisture in the skin and mucus membranes.

INDICATIONS

- Helps relieve occasional rashes, boils and occasional red, irritated skin.
- Soothes itching and irritation. due to insect bites and stings.
- Eases occasional sensitivity reactions to food, food poisoning and mild allergic reactions.

CIRCUMSTANCES REQUIRING CAUTION

- While nursing.
- Diarrhea.

Blood. As a critical mass is reached, the body may try to store this excess matter in the Blood and tissue, or it may try to expel these accumulations through the skin and mucus membranes if they cannot be effectively discharged (purged) via the normal routes of elimination.

Fire Fighter is a broadly focused formula that supports and promotes healthy elimination, normal moisture and circulation, in the external and internal membranes (skins) that protect the body and the internal organs.

Fire Fighter relieves a wide range of skin disharmonies, such as occasional rashes, insect bites or occasional red, irritated or dry skin.

RATIONALE

The leading ingredient, Oldenlandia herb, is assisted by Scrophularia root, Dandelion herb, Honeysuckle flower, Forsythia fruit and Burdock fruit in the action of clearing Heat, expelling accumulations (*Du*) and dispelling Phlegm. Platycodon root enhances the action of clearing Phlegm as well as leading the formula into the channels and collaterals (*Jing-luo*). Chinese mint herb, Black jujube fruit, Clove flower and Chinese licorice root and rhizome support the Stomach and aid digestion, moderating the strong cooling and purging properties of the primary ingredients.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Antiphlogistic Decoction (*Qing Wen Bai Du Yin*)
- Coptis Antiphlogistic Decoction (*Huang Lian Jie Du Tang*)
- Universal Antiphlogistic Decoction (*Pu Ji Xiao Du Yin*)
- Five Ingredients Decoction (*Wu Wei Xiao Du Yin*)
- Antiphlogistic Pills (*Chuan Xin Lian*)
- Added Ingredients with Aucklandia and Coptis Tablets (*Chia Wei Hsiang Lien Pien*)
- Margarite Skin Brightening Pills (*Cai Feng Zhen Zhu An Chuang Wan*)
- Forsythia Anti-Accumulation Tablet (*Lien Chiao Pai Tu Pien*)
- Honeysuckle Crystals (*Bai Hua She She Cao Chong Ji*)

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Quiet Calm

Quiet Calm relaxes the muscles and nerves, clears Heat, dispels Phlegm, focuses the Mind and elevates the Spirit. This formula reconciles the relationships between the Kidney, Liver and Heart and nurtures the Brain and Marrow. By nourishing the function of the nervous system, **Quiet Calm** assists children in cultivating their self-regulating capacities and maintaining their emotional equilibrium.

INGREDIENTS

ENGLISH

Gambir stem branch and twig
Lily bulb
Poria with wood root
Dry fried Sour jujube seed

Polygonum multiflorum stem
Altaica rhizome
Lotus seed
Gastrodia rhizome
Schisandra fruit
Polygala root
Anemarrhena rhizome
Chinese licorice root and rhizome
Silk tree flower
Silk tree bark
Amber resin
Silkworm
Red tangerine peel
Gardenia fruit

PHARMACEUTICAL

Uncariae ramulus cum uncis
Lilii bulbosus
Poriae cocos paradidicis radix
Ziziphi spinosae preaparata
semen

Polygoni multiflori caulis
Anemoni altaicae rhizoma
Nelumbinis semen
Gastrodiae rhizoma
Schisandrae chinensis fructus
Polygalae radix
Anemarrhenae rhizoma
Glycyrrhizae radix et rhizoma
Albiziae flos
Albiziae cortex
Succinum resin
Bombyx batryticatus
Citri rubrum exocarpium
Gardeniae fructus

PINYIN

Gou teng
Bai he
Fu shen mu
Chao suan zao ren

Ye jiao teng
Jiu jie chang pu
Lian zi
Tian ma
Wu wei zi
Yuan zhi
Zhi mu
Gan cao
He huan hua
He huan pi
Hu po
Jiang can
Ju hong
Zhi zi

Quiet Calm is safe and sound. It is neither a sedative nor a tranquilizer, but rather a nurturer of the Brain and Marrow and a conciliator of the relationship between the Kidneys, Liver and Heart.

Because of their natural openness, sensitivity and responsiveness, babies, toddlers and even older children are more likely than adults to become



FORMULA FUNCTIONS

- Relaxes muscles and nerves.
- Clears Heat.
- Dispels Phlegm.
- Focuses the Mind.
- Elevates the Spirit.
- Nurtures Brain and Marrow.
- Supports emotional equilibrium.

INDICATIONS

- Helps to alleviate occasional mood swings, crying spells, gloominess.
- Eases occasional agitation, anxiety, timidity, anger.
- Aids in maintaining healthy memory, concentration and focus.
- Helps relieve occasional difficulty falling or remaining asleep.
- Helps relieve occasional disharmonies of the sinuses, throat or ears.

CIRCUMSTANCES REQUIRING CAUTION

- Monitor closely when combining with over-the-counter or prescription medications.

stressed out when they are tired, hungry, frustrated or overexcited. While enthusiastic toward new experiences and learning, children have a limited tolerance for the stressors of daily life. Sometimes all it takes is a little support – a break, a nap, a snack, a cuddle or some soothing herbal tea to restore calm and focus.

Like the digestive and respiratory systems, the mind and nervous system of a young child are rapidly changing. Many youngsters have not yet learned how to adjust smoothly to the flux that surrounds them and the enormous changes that are occurring internally. Though healthy, robust children appear outwardly tough and resilient, their immaturity and inexperience make them vulnerable to overstimulation and information overload. Often, but not always, tantrums, crying spells, nightmares, agitation, irritability and anxiety are harbingers of the normal and expected evidence of growth: teething, hormonal surges, sudden hungers and food cravings, meeting new people, adapting to playgroups and babysitters, urges toward independence, and fears surrounding separation, peer group pressure, school rules and achievement all conspire to upset the apple cart of daily life for the infant, toddler as well as the older child.

Any interruption of routine, enjoyable or not, expected or not, can undermine a child's equilibrium, resulting in mood swings and hypersensitivity. It's especially challenging for older, verbal children who are beginning to recognize and delight in their own competence and power to suddenly be unable to accomplish a task, or even know what it is that will satisfy them – they need help in recovering their usual attitude of cheerful curiosity, and a sense of ease within themselves. The additional expectation for young, school-age children to sit quietly at their desks, self-consciously focus their attention and not be distracted by nearby activities adds another challenge to their capacity to cope with stress.

RATIONALE

Quiet Calm is a melding of Wild Jujube Seed Decoction (*Suan Zao Ren Tang*) for allaying occasional agitation, insomnia and anxiety, plus



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Wild Jujube Seed Decoction (*Suan Zao Ren Tang*)
- Gastrodia and Uncaria Decoction (*Tian Ma Gou Teng Yin*)
- Gallbladder Warming Decoction (*Wen Dan Tang*)
- Peaceful Night Pills (*An Mian Wan*)
- Healthy Sleep (*Shui De An*)
- Licorice, Triticum and Jujube Pills (*Gan Mai Da Zao Wan*)
- Cerebral Tonic Pills (*Bu Nao Wan*)

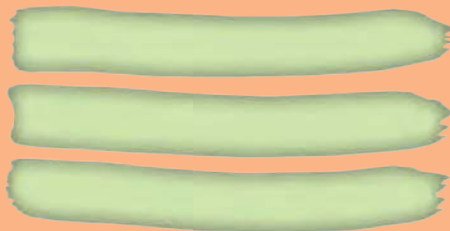
ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Gastrodia and Uncaria Decoction (*Tian Ma Gou Teng Yin*) for relieving occasional nervousness and reducing tension. Together they soothe the nerves, relax the Liver, tame the Mind/Hun and quiet the Heart, enfolding the Mind/Spirit while subduing the uprising of Liver Yang (also known as the stirring of Internal Wind).

Dry fried Sour jujube seed, Polygala root, Polygonum multiflorum stem, Lotus seed, Silk tree bark and flower, Amber resin and Poria with wood root soothe the Mind/Spirit (*Shen*), stabilize the Mind/*Hun* and clarify the senses (clear Heat and Phlegm from the Upper Orifices). Gambir stem branch and twig, Gastrodia rhizome, Silkworm and Gardenia fruit subdue Liver Yang and Internal Wind, clear Heat and allay occasional irritability, tension and restlessness. Lily bulb, Anemarrhena rhizome and Schisandra fruit clear deficiency Heat by replenishing and consolidating Moisture and restoring stability of Qi and *Shen*. Red tangerine peel and Chinese licorice root and rhizome aid digestion and harmonization of the herbal ingredients while toning Stomach Qi, preventing stagnation due to the excessive accumulation of Moisture (retention of Dampness).



ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.



GENTLE WARRIORS PEACEMAKERS

**FORMULAS THAT NURTURE
A CHILD'S NATURE (LI)**

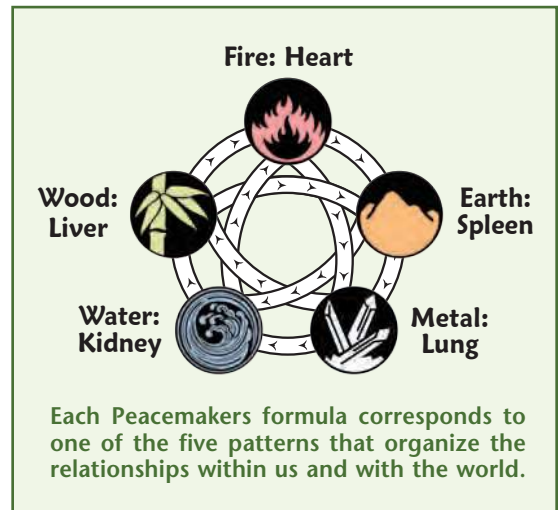
Gentle Warriors Peacemakers

Peacemakers are constitutional formulas that support a child's nature (Li), the fundamental pattern that shapes each individual from birth through adulthood.

Chinese cosmology sees nature as being governed by five primal forces, each of them sharing the character of a climate, a season, a stage in the cycle of life. These five primal forces are known as the Five Phases: Wood, Fire, Earth, Metal and Water. Everyone can be classified within these five categories.

We all have an intrinsic organizing pattern, a true nature (Li), known as our type. A single phase functions as our governing center, the source of our deepest impulses, organizing how experience is received, incorporated and expressed. Each of the five types embodies the power of one of the five phases. Every child can be identified as one of these types: a Wood Child, Fire Child, Earth Child, Metal Child or Water Child.

Characteristic expressions of each child's nature persist and remain coherent over time, including temperament, social and emotional behavior, response to challenge and crisis, learning styles, strengths, deficits, preferences and aversions. Recognizing a



child's type enables us to anticipate the physical and psychological challenges that a child is likely to encounter, helping us to prevent minor concerns from morphing into serious ones and craft optimal strategies for nurturance and care.



We all have an intrinsic organizing pattern, a true nature (Li), known as our type.

Inspiration for Peacemakers

The Gentle Warriors repertoire, including the Peacemakers formulas, was developed in response to years of collaboration with pediatricians Stephen Cowan and Larry Baskind that began in 1999 when they decided to incorporate Chinese herbal formulas into their practice. Our initial goal was to discover whether our Five Types Model would be useful in assessing the healthy development of a small cohort of babies before they acquired language. We also wanted to explore the prognostic validity of the model in anticipating problems that challenge each of the types in unique ways.

Cowan and Baskind videotaped well-child visits of six-month-olds. These recordings demonstrated that a child's type could be identified during infancy and held true as children grew. The clinical value of our model was demonstrated over more than a

decade in their practice that served over 10,000 children.

After years of experience applying the Five Phase Model, developmental pediatrician Stephen Cowan, MD wrote *Fire Child, Water Child* (2012 New Harbinger), describing five distinct ways that children adapt to their environment, providing specific methods to help kids master their powers of attention. Cowan writes, "Rather than simply looking at what's wrong with your child, we can begin to map out a way to help your child develop . . . so that her treasures can truly shine."

The Gentle Warriors formulas grew out of the need expressed by Cowan from his own pediatric practice. The Peacemakers formulas were then crafted to fulfill Cowan's wisdom, expressed in *Fire Child, Water Child* about understanding the nature of each child, and matching formulas to types.

Five Patterns of Dynamic Relationships

Five phases interact according to complementary relationships of generation (*Sheng*) and restraint (*Ke*), maturation and adaptation that maintain equilibrium between the five Organ Networks. While the *Sheng* relationships sustain us, affording continuity, what animate us are polar tensions within the adaptive *Ke*

relationships. *Sheng* sustenance makes us comfortable and content, whereas *Ke* tension moves us forward, out of our comfort zone. When *Sheng* dominates, stability can become stasis. When *Ke* dominates, tension can morph into conflict and instability.

Patterns Equal Type: Manifestations Provide Clues

When faced with a physical or cognitive problem to solve, or simply the challenge of growing our selves, the complementary and reconciling *Ke* relationships can become intensified and antagonistic as we adapt

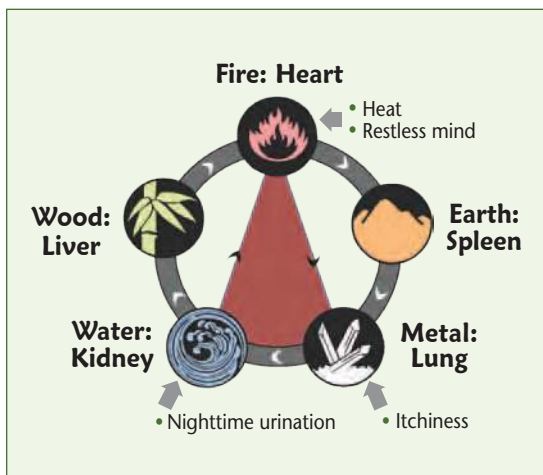
to stress. Under these conditions, a child's true nature (type) may become most evident. One method of differentiating a child's type is to discern which Organ Networks are correlated with concerns and signs. If a

boy has difficulty going to sleep because he's hot and itchy under the blankets, restless and can't quiet his thoughts, and he wakes during the night to urinate, there's a good chance he's a Fire Child.

Heat and a restless mind indicate hyperactive Heart Qi and disturbed *Shen*, corresponding to the Heart (Fire). Itchiness of the skin indicates Heat from the Heart disturbing the Lung (Metal). Frequent urination, an inability to hold urine, indicates a deficiency of Kidney Qi. Thus the contending triangular relationships typical of the Fire Child are between Fire-Heart and Lung-Metal, and Fire-Heart and Kidney-Water. Plotting this information along the legs of the Fire triangle becomes a map for visualizing the pattern that matches the child's type. This map becomes a guide toward care and support.

When strife develops between contending *Ke* relationships, peace-making resolves the conflict. Harmonizing *Ke* relationships reduces tension and

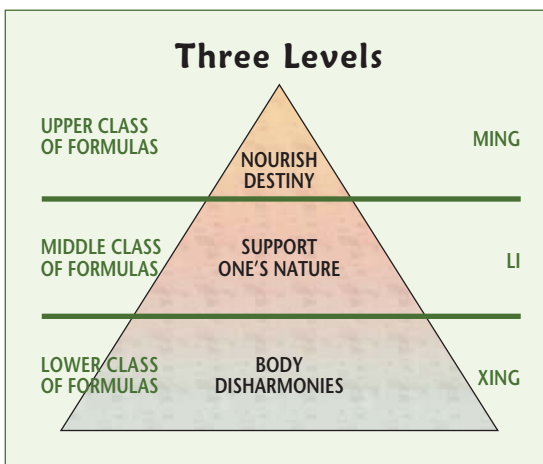
restores stability. Peacemakers formulas modulate these critical disharmonies so that change, adaptation and growth can proceed without chaos. This is the purpose of the Peacemakers formulas.



The Key to Peacemakers: Five Ke Triangles

Triangles are the most stable form in nature. And the triangular *Ke* relationship between three Organ Networks is fundamental to the stability and resilience of the human body.

There are three realms (Heaven, Human, Earth), three treasures (*Shen*, *Qi*, *Jing*) and three burners (Upper, Middle, Lower). There are also three levels: addressing disharmonies (*Bing*) of the body (*Xing*), cultivating an individual's nature (*Li*) and nourishing destiny (*Ming*). These three levels form a pyramid, a triangle of their own. The Peacemakers impact a child at the level of supporting a child's nature, which in turn may nourish his or her destiny.



Five Types, Five Triangles, Five Peacemakers Formulas

Five triangles correspond to each of the five types. The five triangles describe the underlying pattern, the context out of which disharmonies and conflict materialize. Each Peacemakers formula harmonizes key interactions between three Organ Networks that constitute a triangle of relationships, corresponding to each pattern and type. When deciding on a formula, triangles inform your choice.

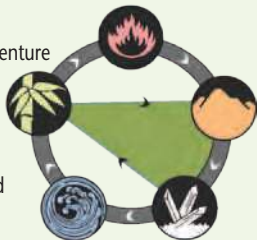


Wood Child

Wood-Earth-Metal = Liver-Spleen-Lung

CHARACTERISTICS

- Likes pressure, speed and adventure
- Seeks novelty
- Challenging and intense
- Competitive
- Supple, muscular physique
- Subject to invasion from Wind
- Invasion enters at head, neck, upper back



Fire Child

Fire-Metal-Water = Heart-Lung-Kidney

CHARACTERISTICS

- Seeks contact and intimacy
- Enjoys excitement and sensuality
- Passionate and sensitive
- Empathetic
- Evenly proportioned, willowy physique
- Subject to invasion from Heat
- Invasion enters at head, upper back, nose, mouth, throat



Earth Child

Earth-Water-Wood = Spleen-Kidney-Liver

CHARACTERISTICS

- Seeks comfort, contentment
- Likes to be sociable, in charge, but not the center of attention
- Agreeable
- Sympathetic
- Round, fleshy physique
- Subject to invasion from Damp
- Invasion enters at head, joints, lower back, abdomen



Metal Child

Metal-Wood-Fire = Lung-Liver-Heart

CHARACTERISTICS

- Delicate and upright
- Enjoys ritual and ceremony
- Discerning and methodical
- Perfectionistic and refined
- Erect, trim, symmetrical physique
- Subject to invasion from Dryness
- Invasion enters at head, skin, mouth, throat, nose

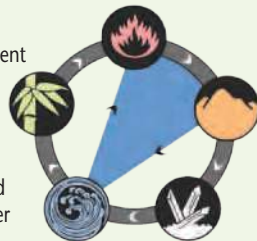


Water Child

Water-Fire-Earth = Kidney-Heart-Spleen

CHARACTERISTICS

- Self-contained and self-sufficient
- Seeks knowledge
- Prefers anonymity
- Watchful
- Strong, dense, lean physique
- Subject to invasion from Cold
- Invasion enters at head, upper back, hips, legs



Five Peacemakers Formulas, Five Types and Five Organ Networks

Each of the five Peacemakers formulas harmonize the Ke relationships between Organ Networks, supporting the needs of each of the five types: the Wood, Fire, Earth, Metal and Water Child.

Wood Builder

ORGAN NETWORK: Liver

Wood Builder Harmonizes:

Liver-Spleen



Lung-Liver

FORMULA FUNCTIONS

- Supplements Liver Yin and Blood
- Regulates Qi
- Nourishes Lung Yin
- Disperses Spleen and Liver Qi stagnation
- Boosts Defense Qi
- Dispels Wind
- Supports Spleen and Stomach

QI DYNAMIC

Liver Dominant =
Tension with Spleen
and Lung

QI DISHARMONIES

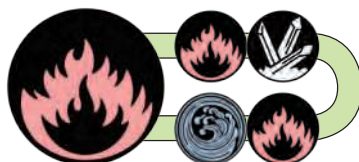
- Rising Liver Yang
- Stirring Internal Wind
- Qi and Blood congestion
- Depletion of Qi and Blood
- Qi spasm
- Obstructed Spleen and Lung Qi
- Disturbance of *Hun*, *Yi*, *Po*

Fire Starter

ORGAN NETWORK: Heart

Fire Starter Harmonizes:

Heart-Lung



Kidney-Heart

FORMULA FUNCTIONS

- Supplements Qi and Yin of the Heart, Lung and Kidney
- Calms *Shen*
- Consolidates Essence
- Clears Upper Orifices
- Descends the Qi
- Supports Spleen and Stomach

QI DYNAMIC

Heart Dominant =
Tension with Lung
and Kidney

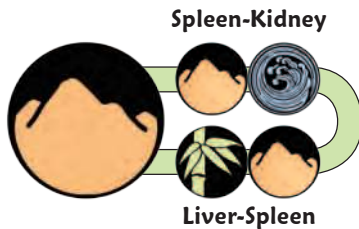
QI DISHARMONIES

- Escalating Heart Yang instability
- Qi and Blood congestion
- Depletion of Qi, Blood, Moisture
- Phlegm misting upper orifices
- Damp Heat descending to Lower Burner
- Yin attrition: Lung, Kidney
- Qi obstruction: Lung, Kidney
- Disturbance of *Shen*, *Po*, *Zhi*

Earth Maker

ORGAN NETWORK: Spleen

Earth Maker Harmonizes:



FORMULA FUNCTIONS

- Supports Spleen and Stomach
- Regulates Middle Burner
- Boosts Central Qi
- Supplements Essence, Liver Qi and Blood
- Regulates Moisture
- Relaxes Stomach and Intestines

QI DYNAMIC

Spleen Dominant = Tension with Kidney and Liver

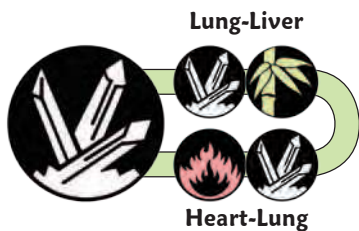
QI DISHARMONIES

- Dampness accumulation
- Middle Burner Qi congestion
- Dampness descends to Lower Burner
- Phlegm accumulation, Kidney and Liver Qi obstruction
- Suppression of Kidney Yang, accumulation of Cold
- Disturbance of *Yi, Zhi, Hun*

Metal Worker

ORGAN NETWORK: Lung

Metal Worker Harmonizes:



FORMULA FUNCTIONS

- Supplements Lung Yin
- Subdues Liver Yang
- Expels Phlegm
- Calms *Shen*
- Clears the Mind
- Disperses Wind and Heat
- Supports Spleen and Stomach

QI DYNAMIC

Lung Dominant = Tension with Liver and Heart

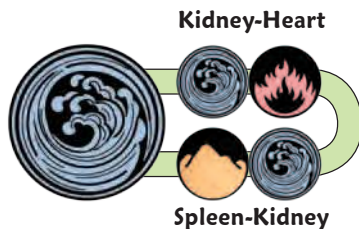
QI DISHARMONIES

- Constrained Upper Burner Qi
- Contraction of Qi
- Attrition of Moisture
- Qi and Moisture unable to descend to Lower Burner
- Liver and Heart Yang suppression
- Accretion of Heat and Dryness
- Disturbance of *Po, Hun, Shen*

Water Seeker

ORGAN NETWORK: Kidney

Water Seeker Harmonizes:



FORMULA FUNCTIONS

- Supplements and consolidates Kidney Yin, Yang and Essence
- Secures the Genuine Yang
- Expels accumulated Dampness and Heat
- Regulates transformation of Moisture
- Supports Spleen and Stomach

QI DYNAMIC

Kidney Dominant = Tension with Heart and Spleen

QI DISHARMONIES

- Retained Moisture, Damp-Heat or Damp-Cold in Lower Burner
- Constrained Kidney Yang and Genuine Yang cannot ascend
- Suppression of Heart, Spleen Yang
- Obstructed Spleen Qi
- Blocking of *Jing*
- Disturbance of *Zhi, Shen, Yi*

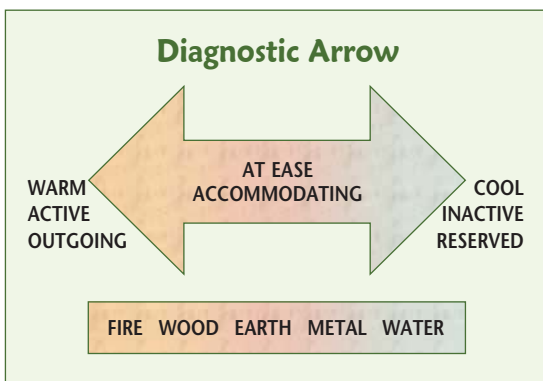
Diagnostic Instruments

There are three diagnostic instruments developed by Efrem Korngold and Stephen Cowan that assist in gathering data needed to identify a child's type:

- The **Diagnostic Arrow** is used for quickly assessing a child.
- The **Observer Checklist** helps the practitioner form a more multi-dimensional picture of the child's constitutional type.
- The **Child Type Assessment Questionnaire** is a useful tool to help parents and practitioners gather information relevant to determining whether the particular child is a Wood, Fire, Earth, Metal or Water Child.

Using the Diagnostic Arrow

The Diagnostic Arrow helps in making a quick judgment about the Yin-Yang/Five-Phase nature of the child's current status and disposition. Based on the somatic and behavioral expressions observed, it becomes relatively easy to describe a child's status in terms of Heat and Cold, Excess and Deficiency, and which Organ Network Qi is most predominant.



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Using The Observer Checklist

The Observer Checklist is a template that helps the provider to recognize the physical, mental, emotional, behavioral and social facets of a child's nature (*Li*). To simplify, nature (*Li*) = formative organizing pattern = type. By matching observable qualities across ten parameters, the phase most characteristic of that child is uncovered.

Observer Checklist

	Fire	Wood	Earth	Metal	Water
Vibrancy	<ul style="list-style-type: none"> • Sparkling • Radiant • Glowing • Sunny • Lustrous 	<ul style="list-style-type: none"> • Charged • Excited • Rousing • Electric 	<ul style="list-style-type: none"> • Sunny • Clear • Mild 	<ul style="list-style-type: none"> • Delicate • Precious • Fine • Composed 	<ul style="list-style-type: none"> • Placid • Calm • Docile • Immobile • Serene
Gaze	<ul style="list-style-type: none"> • Scanning • Scattered • Expanding • Broad 	<ul style="list-style-type: none"> • Persistent • Focused • Alert • Watchful • Vigilant 	<ul style="list-style-type: none"> • Reciprocal • Sustained • Social • Sharing • Following 	<ul style="list-style-type: none"> • Selective • Discriminating • Sharp • Particular • Fastidious 	<ul style="list-style-type: none"> • Retreating • Penetrating • Withdrawing • Intense • Deep, vacant
Degree of Cooperation	<ul style="list-style-type: none"> • Enthusiastic • Eager • Animated • Excited • Energized 	<ul style="list-style-type: none"> • Resisting/testing • Demanding • Insistent • Uncompromising 	<ul style="list-style-type: none"> • Agreeable • Pleasant • Comfortable • At ease • Relaxed 	<ul style="list-style-type: none"> • Finicky • Particular • Fastidious • Selective 	<ul style="list-style-type: none"> • Resisting/wary • Defiant • Stubborn • Independent
Sociability	<ul style="list-style-type: none"> • Contact seeking • Enthusiastic 	<ul style="list-style-type: none"> • Contact seeking • Challenging 	<ul style="list-style-type: none"> • Contact sustaining • Following 	<ul style="list-style-type: none"> • Contact particular • Meticulous 	<ul style="list-style-type: none"> • Contact wary • Circumspect
Activity	<ul style="list-style-type: none"> • Easily engaged • Easily stimulated • Easily startled • Surprised • Wiggly 	<ul style="list-style-type: none"> • Tense • Squirmy • On edge • Twitchy • Restless 	<ul style="list-style-type: none"> • Comfortable • Cuddly • Relaxed • At ease • Contented 	<ul style="list-style-type: none"> • Tight • Stiff • Tense • Inflexible 	<ul style="list-style-type: none"> • Quiet • Still • Rooted • Undisturbed • Implanted
Posture	<ul style="list-style-type: none"> • Flexible • Draped • Limber 	<ul style="list-style-type: none"> • Forward seeking • Reaching 	<ul style="list-style-type: none"> • Relaxed • Comfortable • At ease 	<ul style="list-style-type: none"> • Positioned • Arranged • Statuesque 	<ul style="list-style-type: none"> • Settled • Drawn in • Curled up
Color	• Rosy	• Ruddy	• Peachy	• Alabaster	• Dark or blue cast
Moisture	• Sweaty	• Oily	• Sticky	• Dry	• Damp
Circulation	<ul style="list-style-type: none"> • Easily flushed • Tends to be warm 	<ul style="list-style-type: none"> • Warm head • Cool extremities 	<ul style="list-style-type: none"> • Even • Neither cool or warm 	<ul style="list-style-type: none"> • Easily flushed • Tends to be cool 	<ul style="list-style-type: none"> • Appears cool • Tends to be warm
Shape	<ul style="list-style-type: none"> • Well-proportioned • Symmetrical 	<ul style="list-style-type: none"> • Square and solid • Muscular arms, hands and feet 	<ul style="list-style-type: none"> • Rounded and firm • Large hips and shoulders • Small hands and feet 	<ul style="list-style-type: none"> • Trim and taut • Small bones • Fine features 	<ul style="list-style-type: none"> • Dense and compact • Large boned • Narrow head • Long fingers and toes

Child Type Assessment Questionnaire

Who Is My Child?

Please complete the questionnaire by checking the appropriate boxes to describe your child.



The Wood Child

1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
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1. Loves action and movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Seeks challenge and pushes limits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Does not wait for others to lead the way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Does not hold back opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Prefers making change to routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Enjoys being first, best; hates losing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Enjoys pressure, speed and adventure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Learns by doing, not talking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Likes to test rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Is drawn to danger, seems to have no fear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Acts boldly and decisively even without all the information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Adapts quickly to new situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Can be intolerant or impatient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Goal and achievement-oriented	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Is confident in abilities and judgments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Is decisive and eager to experiment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Occasional tension headaches, neck pains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Tends to eat on the run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Tends to get angry easily, to yell and shout	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Tends to crave stimulants, sweets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



The Fire Child

	1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
1. Openly expresses excitement and enthusiasm to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Is naturally funny and fun-loving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is animated and enthusiastic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Seeks contact and stimulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Is sensitive and vulnerable to extremes of emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Follows intuition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Experiences emotions intensely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Trusts what others say	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Likes to make last-minute plans and preparations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Uses flattery and charm to get what he/she wants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Communicates with passion, compassion and inspiration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Is drawn to rewards and instant gratification	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Is hopeful and optimistic in spite of what others may say or believe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Loves sensation and drama	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Enjoys being the center of attention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Often complains of being bored	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Tends to eat when bored	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Dramatic and intense reactions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Occasional diarrhea when nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Sensitivity to sugar and starches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Child Type Assessment Questionnaire (continued)



The Earth Child

	1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
1. Enjoys just being in the company of other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Likes to get involved in other people's lives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is caring, kind-hearted and concerned for the welfare of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Dislikes conflict	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Believes in the good intentions of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Likes to be involved, but not the center of attention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Makes people feel welcome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Finds security in loyalty and sustained connections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Mediates disputes so that all are satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Is agreeable and accommodating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Likes fitting in and being needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Can be needy and helpless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Puts the needs of others first	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Can become indecisive and worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Values stability and predictability in relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Advocates for those in greatest need of friendship, sustenance or recognition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Shifts from being shy to talking excessively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Tends to gain weight easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Tends to crave carbohydrates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Tends to get stomachaches when nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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The Metal Child

	1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
1. Finds security in order and regularity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Likes when everyone is following proper procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is content with few close attachments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Likes when things go according to plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Is methodical, meticulous and discriminating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Is drawn to patterns and structure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Has high standards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Restrained in expressing feelings or opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Is particular about likes and dislikes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Can be judgmental and self-righteous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Strives to create order from chaos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Strives for mastery, virtue and perfection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Enjoys taking things apart and putting them back together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Can become hyper-focused and rigid when stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Prefers composure to excitement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Dislikes change, prefers consistency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Tends to get stuck in details when stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Tends to be a very picky eater	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Occasional constipation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Occasional dry, reddened skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Child Type Assessment Questionnaire (continued)



The Water Child

	1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
1. A seeker of knowledge and understanding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. A dreamer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Takes time to react to situations and events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Prefers routine to adventure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Keeps feelings, thoughts and opinions private	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Content figuring things out for self	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Prefers anonymity to the spotlight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Chooses solitude over socializing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Is slow to start	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Is wary of other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Can get lost in fantasy and curiosity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Contradicts others as a way to discover the truth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Considered by some to be unusual or eccentric	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Can be stubborn and headstrong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Often fears the worst	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Is often hard to read	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Occasional dull headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Occasional vague somatic complaints such as occasional low back pain, joint pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. May be apathetic or withdrawn under stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Tends to crave salty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Peacemakers Are Benevolent and Safe

Peacemakers are gentle and moderate formulations that exert their maximum effects over time. Each one has several ingredients that strengthen the Spleen and Stomach (Earth). Each formula is comprised of more than a dozen herbal ingredients that have a moderating influence because no single herb or group of herbs has a dominant position. This helps them achieve their goal: to harmonize and optimize interactions between three Organ Network triangles.

The production of the Peacemakers requires only a minimal amount of alcohol that can be easily evaporated by diluting the herbs in boiling water. None of the herbs are harsh in their taste or action, and of course all are non-toxic. Vegetable glycerin, added as a preservative, enhances the flavor, making them quite palatable for children.

Peacemakers can safely be combined with other Gentle Warriors formulas when indicated.

Guidelines: How to Use Peacemakers

1. Use a specific Gentle Warriors formula first, and follow-up with a Peacemakers formula to strengthen the child.
2. Combine a Peacemakers formula with a specific Gentle Warriors formula to reinforce its action. Be guided by the indications for each formula.
3. For general psychological and physiological support, begin with a Peacemakers formula. Use the formula that matches the child's type.
4. When needed, combine the appropriate Peacemakers with another Gentle Warriors formula. For example, **Quiet Calm** and/or **Firefighter** to reduce excess Heat or soothe disturbed *Shen*. Or add **Grow and Thrive** to any Peacemakers formula to help support a healthy appetite.
5. Use Gentle Warriors Peacemakers as a health-promoting developmental boost, as you would a daily multivitamin or nutritional supplement to reinforce wellness. Over time, Peacemakers strengthen health and resistance to external influences, helping to avert problems before they arise.



Wood Builder

Harmonizes Liver-Spleen



Lung-Liver

INGREDIENTS

ENGLISH

White peony root
Lycium fruit
Poria
White atractylodes rhizome
Codonopsis root
Dry fried Millet or Rice sprout
Honey fried Stemonae root
Perilla fruit
Chinese mint herb
Siler root
Platycodon root
Tangerine dried rind of green fruit
White mulberry leaf
Prepared Cyperus rhizome
Honey fried Chinese licorice root
and rhizome

PHARMACEUTICAL

Paeoniae alba radix
Lycii fructus
Poria sclerotium
Atractylodis macrocephalae rhizoma
Codonopsis radix
Setariae praeparata fructus germinantus
Stemonae praeparata radix
Perillae fructus
Menthae haplocalycis herba
Saposhnikovia radix
Platycodonis radix
Citri reticulatae pericarpium viride
Mori folium
Cyperus praeparata rhizoma
Glycyrrhizae praeparata cum mel radix
et rhizoma

PINYIN

Bai shao
Gou qi zi
Fu ling
Bai zhu
Dang shen
Chao gu ya
Zhi bai bu
Zi su zi
Bo he
Fang feng
Jie geng
Qing pi
Sang ye
Zhi xiang fu
Zhi gan cao

Wood Builder modulates the dynamics of the Wood Triangle. That means harmonizing the interaction between both Wood and Earth (Liver and Spleen), and Metal and Wood (Lung and Liver). The Spleen is a central facet of all five Peacemakers, but its role is highlighted in **Wood Builder**, which is the key formula for the Wood Child.



The Liver and Spleen organize digestion, transformation, assimilation, distribution and storage of Qi, Moisture and Blood. The Spleen generates Qi and Moisture, the nutritive portion of Blood (*Ying*) and Acquired Essence (*Hou Tian Jing*) that is ultimately stored by the Kidney. The Liver nourishes the Blood (blends the Essences from the Kidney with the



FORMULA FUNCTIONS

- Supplements Liver Yin and Blood.
- Regulates Qi.
- Nourishes Lung Yin.
- Disperses Spleen and Liver Qi stagnation.
- Boosts Defense Qi.
- Dispels Wind.
- Supports Spleen and Stomach.

INDICATIONS

- Promotes a sense of ease for children who are easily irritated, frustrated or offended.
- Occasional restlessness.
- Occasional stomach ache and/or erratic appetite.
- Occasional muscle tension or abdominal cramps.
- Supports a healthy immune system for children sensitive to wind and allergens.
- Occasional feeling of pressure, heat or discomfort in the chest and head.
- Angry reaction to discomfort.

CIRCUMSTANCES REQUIRING CAUTION

- Gastroenteritis.
- Fever.

Ying from the Spleen), as well as storing and regulating its volume and distribution.

The Liver and Lung harmonize the upward and downward movements of Blood, Qi, Yin and Yang. The liver raises the Yang (Ministerial Fire) upward from the Lower Burner, activating the movement of Qi and Blood from the body's core outward to the extremities. The Lung moves Qi and Moisture downward from the Upper Burner and exterior and inward to the core (descending and precipitating). Together, the Liver and Lung govern the defensive layers of the body, where the skin, nerves, tendons, ligaments, muscles and Luo vessels interface.

The Liver, Spleen and Lung work in concert to respond to fluctuations, inwardly and outwardly, mediating the capacity to cope with environmental challenges, both physical and social. A strong defense protects the Heart, Spleen and Kidney, the three networks that govern growth, transformation and maturation from birth to death.

RATIONALE

White atractylodes rhizome, dry fried Millet or Rice sprout, Poria, Codonopsis root and honey fried Chinese licorice root and rhizome focus this formula within the Middle Burner. Because the Liver is the focus of this formula, the preponderance of ingredients emphasizes regulating Qi, dispelling Wind and supplementing Yin.

Siler root and Chinese mint herb aid the Stomach and Large Intestine by dispelling both intestinal Wind (sometimes known as Spleen Wind or *Pi Feng*, resulting from exhaustion of the Central Qi) and exterior Wind that penetrates the surface and invades the Large Intestine.

Siler root combined with White atractylodes rhizome also boosts the Defense Qi (*Wei*) that supports the Spleen and Lung. White peony root, White mulberry leaf and Lycium fruit supplement the Yin and Blood of the Liver, softening its potentially harsh influence on the Spleen and Lung. Prepared Cyperus rhizome and Tangerine dried rind of green fruit regulate the Liver Qi. Honey fried Stemona root and White mulberry



COMPARISON WITH MODERN FORMULAS

- Harmonize Liver-Spleen
- Harmonize Lung-Liver
- Strengthen Liver
- Strengthen Spleen
- Strengthen Lung

ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

leaf support the Lung Network, while Perilla fruit and Platycodon root regulate the Lung Qi.

The Qi regulating agents, Tangerine dried rind of green fruit, prepared Cyperus rhizome, Perilla fruit, and dry fried Millet or Rice sprout, together with the pairing of Siler root and Chinese mint herb, modulate the relationship between Wood, Metal and Earth. Finally, honey fried Chinese licorice root and rhizome harmonizes all ingredients, while also supporting the Spleen Qi.

WOOD CHILD CHARACTERISTICS

- Adventurous, fiercely independent.
- Likes competing, likes to lead.
- Gregarious, impulsive, pushy.
- Easily frustrated, impatient, hurried, volatile.
- Rebellious, argumentative, challenging.
- Wants to be first, best, one-of-a-kind.
- Focused on success, upset by failure.
- Restless, risk taking, accident prone.

WOOD CHILD QI DISHARMONIES

- Rising Liver Yang.
- Qi constraint.
- Stirring Internal Wind.
- Obstruction of Spleen and Lung Qi.
- Congestion of Qi and Blood.
- Disturbance of *Hun*, *Yi* and *Po*.
- Depletion of Qi and Blood.



Fire Starter

Harmonizes Heart-Lung  & Kidney-Heart

INGREDIENTS

ENGLISH

Magnetite
Lily bulb
Polygonum multiflorum stem
White atractylodes rhizome
Lophatherum herb
Lycium fruit
Radish seed
Pseudostellaria root
Reishi fruiting body
Silk tree flower
Schisandra fruit
Polygala root
Chinese licorice root and rhizome
Lotus stem
Amber resin

PHARMACEUTICAL

Magnetitum mineral
Lilii bulbus
Polygoni multiflori caulis
Atractylodis macrocephalae rhizoma
Lophatheri herba
Lycii fructus
Raphani semen
Pseudostellariae radix
Ganoderma sclerotium
Albiziae flos
Schisandrae chinensis fructus
Polygalae radix
Glycyrrhizae radix et rhizoma
Nelumbinis stamen
Succinum resin

PINYIN

Duan ci shi
Bai he
Ye jiao teng
Bai zhu
Dan zhu ye
Gou qi zi
Lai fu zi
Tai zi shen
Ling zhi
He huan hua
Wu wei zi
Yuan zhi
Gan cao
Lian xu
Hu po

Fire Starter modulates the dynamic of the Fire Triangle. That means harmonizing the interaction between both Fire and Metal (Heart and Lung) and Fire and Water (Heart and Kidney). As in all five Peacemakers, the Spleen is a central facet of Fire Starter, the key formula for the Fire Child.



The Kidney and Heart embody the Yin Yang (*Jing-Shen*), soma-psyche continuum of human life. The Kidney, the primary source of Yin and Yang Essences, engenders and maintains the fundamental matrix of the body – the marrow, bones, gonads, spinal cord and brain (Sea of Marrow). From this basic substance arise subconscious and conscious aspects of Mind (*Shen*), along with the capacity to learn from experience and cultivate wisdom.



FORMULA FUNCTIONS

- Supplements Qi and Yin of the Heart, Lung and Kidney.
- Calms *Shen*.
- Consolidates Essence.
- Clears upper orifices.
- Descends the Qi.
- Supports Spleen and Stomach.

INDICATIONS

- Occasional anxiety, stage fright.
- Sensitivity to changes in temperature, easily overheated or chilled.
- Tendency to be easily dehydrated, thirsty but forgets to drink.
- Occasional frequent urination.
- Occasional rashes and blemishes.
- Occasional throat discomfort.
- Occasional low back soreness when fatigued.
- Emotionally labile; occasional facial flushing.
- Occasional sleep disturbances due to fears, excitement, emotional upset.
- Occasional sweating, especially on head, chest, hands, feet.

CIRCUMSTANCES REQUIRING CAUTION

- Upper respiratory tract infection.
- Indigestion.
- Gastroenteritis.

The harmonic interaction between the Kidney and Heart is crucial to growth, stability, sanity and survival. These are the magnetic poles of the organism. Without their accord, chaos ensues.

The Heart and the Lung enjoy a special relationship. They both inhabit the Upper Burner and together govern the equitable circulation and dissemination of Blood and Qi throughout the body and mind. The Heart fills and empties itself by actively expanding and contracting (Yang) and the Lung fills and empties itself by passively inflating and collapsing (Yin).

The Heart is Yang (Fire) within Yang (Upper Burner) and rules the Blood through its ability to propel the Blood through the channels and vessels. The Lung is Yin (Metal) within Yang (Upper Burner) and governs the Qi through its ability to infuse the Blood with the Genuine Qi (*Zhen Qi*). It holds the power to regulate the rhythm of the Heart and the pulse – the Lung masters the Qi.

Together the Yin Qi of the Kidney and Lung modulate the Yang Qi of the Heart, providing comfort and steadiness to the Mind (*Shen*).

RATIONALE

White atractylodes rhizome, Pseudostellaria root and Chinese licorice root and rhizome orient this formula around the Middle Burner. Since the Heart is the focus of this formula, Pseudostellaria root is included because it supplements the Qi and Yin Moisture of the Heart as well as that of the Lung and Kidney.

Lycium fruit and Schizandra fruit support the Kidney by consolidating the Qi and Essence. Polygala root, Magnetite, Polygonum multiflorum stem and Silk tree flower support the Heart by relaxing the nerves, calming the Mind (*Shen*) and clearing the Upper Orifices (*Xiang Qiao*). Lotus stem, Amber resin and Schisandra fruit harmonize the Heart and Kidney. The quartet of Polygala root, Schisandra fruit, Lily bulb and Lophatherum herb harmonize the Heart and Lung.



COMPARISON WITH MODERN FORMULAS

- Harmonize Heart-Lung
- Harmonize Kidney-Heart
- Strengthen Heart
- Strengthen Lung
- Strengthen Kidney

Finally, Radish seed promotes the downward moving Qi of the Upper and Middle Burners and Chinese licorice root and rhizome harmonizes the action of all ingredients.

FIRE CHILD CHARACTERISTICS

- Warm, magnetic, passionate, spontaneous.
- Intimate, easy to know, pleasure seeking.
- Charismatic, empathic, fun-loving.
- Easily bored, a busy bee.
- Shy when anxious or apprehensive.
- Emotionally intense, easily startled, dislikes surprises.
- Exhausted by excitement and over-stimulation.
- Melancholic and morose when tired or lonely.

FIRE CHILD QI DISHARMONIES

- Escalating Heart Yang instability.
- Congestion of Qi and Blood.
- Depletion of Qi, Blood and Moisture.
- Phlegm misting upper orifices.
- Damp Heat descending to Lower Burner.
- Attrition of Yin of Lung and Kidney.
- Obstruction of Lung and Kidney Qi.
- Disturbance of *Shen*, *Po* and *Zhi*.



ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Earth Maker

Harmonizes Spleen-Kidney & Liver-Spleen

INGREDIENTS

ENGLISH

White peony root
White atractylodes rhizome
Codonopsis root
Dry fried Millet or Rice sprout

Poria
Lycium fruit
Loranthus herb
Chinese yam rhizome
Prepared Rehmannia root
Prepared Cyperus rhizome
Euryale seed
Tangerine dried rind of green fruit
Plantain seed
Tangerine dried rind of mature fruit
Honey fried Chinese licorice root
and rhizome

PHARMACEUTICAL

Paeoniae alba radix
Atractylodis macrocephalae rhizoma
Codonopsis radix
Setariae preaparata fructus
germinantus
Poria sclerotium
Lycii fructus
Taxilli herba
Dioscoreae rhizoma
Rehmanniae preparata radix
Cyperii praeparata rhizoma
Euryales Semen
Citri reticulatae pericarpium viride
Plantaginis Semen
Citri reticulatae pericarpium fructus
Glycrrhizae praeparata cum mel
radix et rhizoma

PINYIN

Bai shao
Bai zhu
Dang shen
Chao gu ya
Fu ling
Gou qi zi
Sang ji sheng
Shan yao
Shu di huang
Zhi xiang fu
Qian shi
Qing pi
Che qian zi
Chen pi
Zhi gan cao

Earth Maker modulates the dynamics of the Earth Triangle. This means harmonizing both the interaction between Earth and Water (Spleen and Kidney) and Wood and Earth (Liver and Spleen). This formula underscores the functions of the Spleen and the authority of Earth. It is the key formula for the Earth Child.

The role of the Spleen is predominant in growth and development until the adolescent changes begin to emerge between fourteen and sixteen years of age. Earth Maker boosts the vital relationship between the Spleen and Kidney, the sources of postnatal (*Hou Tian*) and prenatal (*Xian Tian*) Qi, respectively.



FORMULA FUNCTIONS

- Supports Spleen and Stomach.
- Regulates Middle Burner.
- Boosts Central Qi.
- Supplements Essence, Liver Qi and Blood.
- Regulates Moisture, relaxes Stomach and Intestines.

INDICATIONS

- Occasional tender and weak muscles, joints, low back.
- Sensitive to cold, damp.
- Occasional abdominal distension, irregular elimination.
- Occasional fluid retention.
- Occasional urinary retention.
- Occasional fatigue with irritability.
- Occasional chilly hands and feet.
- Supports healthy blood sugar levels.

CIRCUMSTANCES REQUIRING CAUTION

- Upper respiratory infection.
- Urinary tract infection.
- Fever.
- Headache.

As in **Wood Builder**, the relationship between the Spleen and Liver is what organizes the transformation, assimilation and distribution of Blood and Qi, *Ying* and *Wei* that is derived from food and fluid. However, in this context, the digestive functions of the Spleen are emphasized, while the role of the Liver is a supportive one – to prevent Qi stagnation in the Middle Burner.

In their dominion over inborn and acquired Essence (*Xian Tian* and *Hou Tian Jing*), the Spleen and Kidney govern the allocation and consolidation of Yin Moisture and Yin Essence. The Spleen generates and distributes, and the Kidney discharges, concentrates and stores. These are crucial functions in maintaining the vigor, tempo and continuity of development from infancy to adulthood. Moreover, the Kidney and Spleen, respectively, initiate and steer the personal and social aspects of development.

Of the five Peacemakers, **Earth Maker** is a principal formula for nurturing robust growth and modulating the appropriate pace of development.

RATIONALE

White atractylodes rhizome, Codonopsis root, Poria, dry fried Millet or Rice sprout, Tangerine dried rind of mature fruit and honey fried Chinese licorice root and rhizome focus this formula on the Middle Burner, bolstering the function of the Spleen, the hub of the Earth Triangle.

Tangerine dried rind of mature fruit, Tangerine dried rind of green fruit, prepared Cyperus rhizome and dry fried Millet or Rice sprout assist the Liver and Spleen in coordinating the movement of Qi within and through the Middle Burner. Poria, Plantain seed and Euryale seed assist the Spleen and Kidney in coordinating the distribution and storage of Moisture and Essence.

Liver Qi and Blood are nourished by White peony root and Lycium fruit. The Qi and Yin Essence of the Kidney are supplemented by prepared Rehmannia root, Chinese yam rhizome and Euryale seed. Lanthanum



COMPARISON WITH MODERN FORMULAS

- Harmonize Spleen-Kidney
- Harmonize Liver-Spleen
- Strengthen Spleen
- Strengthen Kidney
- Strengthen Liver

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CONCENTRATED LIQUID EXTRACTS.

herb supplements the Qi, Yin and Blood of the Liver as well as the Qi and Essence of the Kidney. Together, Chinese yam rhizome and Poria tonify the Qi and regulate the Yin Moisture of the Spleen and Kidney, thus harmonizing their relationship. White peony root, prepared Cyperus rhizome and honey fried Chinese licorice root and rhizome can relieve tension and relax occasional spasm in the Stomach and Intestines, thus harmonizing the relationship between Liver and Spleen.

EARTH CHILD CHARACTERISTICS

- Congenial, sympathetic, loyal, dependable.
- Likes to be needed and involved.
- Abhors conflict and seeks harmony.
- Worrier, self-doubting, self-sacrificing.
- Easy to feel guilt, regret, remorse.
- Sluggish, tender flesh, sensitive to humidity.
- Unruly food cravings, under/over-eating.
- Craves solitude, fears separation.

EARTH CHILD QI DISHARMONIES

- Accumulation of Dampness and congestion of Qi in Middle Burner.
- Dampness descending to Lower Burner.
- Accumulation of Phlegm, obstruction of Kidney and Liver Qi.
- Suppression of Kidney Yang and accumulation of Cold.
- Disturbance of Yi, Zhi and Hun.



ALL FORMULAS ARE OFFERED
IN 1 OZ., 2 OZ., 4 OZ. AND 8 OZ.
CONCENTRATED LIQUID EXTRACTS.

Metal Worker

Harmonizes Lung-Liver & Heart-Lung

INGREDIENTS

ENGLISH

White peony root
Lycium fruit
Dry fried Sour jujube seed

Lily bulb
White atractylodes rhizome

Dry fried Millet or rice sprout

Aromatic Solomon's seal rhizome
Prepared Cyperus rhizome
Purple aster root and rhizome
Silk tree flower
Platycodon root
White mulberry leaf
Polygala root
Chinese licorice root and rhizome
Amber resin

PHARMACEUTICAL

Paeoniae alba radix
Lycii fructus
Ziziphi spinosae preaparata semen

Lilii Bulbus
Atractylodis macrocephalae rhizoma

Setariae preaparata fructus germinantus

Polygonati odorati rhizoma
Cyperi praeparata rhizoma
Asteris radix et rhizoma
Albiziae flos

Platycodonis radix
Mori folium
Polygalae radix
Glycyrrhizae radix et rhizoma
Succinum resin

PINYIN

Bai shao
Gou qi zi
Chao suan zao ren

Bai he
Bai zhu

Chao gu ya

Yu zhu
Zhi xiang fu
Zi wan
He huan hua
Jie geng
Sang ye
Yuan zhi
Gan cao
Hu po

Metal Worker modulates the dynamic of the Metal Triangle. This means harmonizing the interaction between both Metal and Wood (Lung and Liver) and Fire and Metal (Heart and Lung). It is the key formula for the Metal Child.

The relationship between the Lung and Liver is concerned with harmonizing the upward and downward movement of Blood and Qi, Yin and Yang. The Liver raises the Yang (Ministerial Fire) upward from the Lower Burner, activating the movement of Qi and Blood from the body's core outward to the extremities. The Lung descends and precipitates, moving Qi and Moisture downward and inward from the exterior and the Upper Burner to the core. Because the Liver and Lung govern the interface between the skin, nerves, tendons, ligaments, muscles



FORMULA FUNCTIONS

- Supplements Lung Yin.
- Subdues Liver Yang.
- Expels Phlegm.
- Calms Shen.
- Clears the Mind.
- Disperses Wind and Heat.
- Supports Spleen and Stomach.

INDICATIONS

- Occasional chest discomfort or shallow breathing.
- Occasional irritation of sinuses, eyes, ears, nose, throat, skin.
- Occasional itching and/or prickling sensations.
- Occasional tension, stiffness in neck, shoulders, hips.
- Lacks thirst.
- Occasional chilly hands and feet.
- Occasional dry skin, hair or nails.
- Occasional constipation or bowel irregularity.
- Occasional anxious thoughts and melancholic feelings.

CIRCUMSTANCES REQUIRING CAUTION

- Indigestion.
- Diarrhea.
- Constipation.
- Gastroenteritis.

and luo vessels, their integrated functions serve to defend the exterior layers of the body from adverse environmental influences, both physical and social.

The Lung has dominion over the Qi. By ruling the Qi, the Lung initiates and synchronizes the body's rhythms and cycles: exhaling and inhaling, pulsation of the heart and arteries, the expansion and contraction of the brain and spinal cord, the peristaltic waves in the gut, the cycle of sleeping and waking, the menstrual cycle and the opening and closing of the pores in the skin. Of course the power of the Lung is not activated until the newborn takes a first breath. Prior to birth, the impulse originating in the *Dan Tian* – the locale of the Life Gate (*Ming Men*) – initiates and sustains the movements of Qi during the development of the embryo and the fetus.

The Heart and the Lung inhabit the Upper Burner and together govern the equitable circulation and dissemination of Blood and Qi throughout body and mind. The Heart is Yang within Yang (Upper Burner) – it fills and empties itself by actively expanding and contracting (Yang). The Lung is Yin within Yang (Upper Burner) – it fills and empties itself by passively inflating and collapsing (Yin). The Heart rules the Blood – it propels the Blood through vessels. The Lung is Yin within Yang (Upper Burner). Through its alchemical power to fuse and transform Food Qi (*Gu Qi*) and Air Qi (*Da Qi*) into the Genuine Qi (*Zhen Qi*), and because of the authority it has over all rhythms and cycles, it complements and modulates the Heart Qi, equalizing circulation and steadying the flow of thoughts in the mind.

The Triangle of Metal-Wood-Fire (Lung-Liver-Heart) is critical to the coordinated, regular and predictable processes of daily life while awake and asleep.

RATIONALE

White atractylodes rhizome, dry fried Millet or Rice sprout, Aromatic Solomon's seal rhizome and Chinese licorice root and rhizome orient this formula around the Middle Burner. Since the Lung is the focus of this formula, Aromatic Solomon's seal rhizome is included because it supports both the Lung and Spleen Qi, but is particularly suited to supplementing the Yin Moisture of the Lung.



COMPARISON WITH MODERN FORMULAS

- Harmonize Lung-Liver
- Harmonize Heart-Lung
- Strengthen Lung
- Strengthen Liver
- Strengthen Heart

Lycium fruit, White peony root, prepared Cyperus rhizome and dry fried Sour jujube seed supplement the Blood, regulate the Qi and tone down the Yang of the Liver, relaxing nerves and reducing tension. Lily bulb, Purple aster root and rhizome, Polygala root and Platycodon root support the Lung by supplementing Yin Moisture, dispelling Phlegm and assisting its descending function.

Lily bulb harmonizes the Lung and Heart and, along with Polygala root and dry fried Sour jujube seed, allays occasional anxious thought and melancholic feelings. The combination of Silk tree flower, Polygala root and Amber resin bolster the Heart by clearing the senses and soothing the Mind (*Shen*).

White mulberry leaf and Lycium fruit nourish the Yin and Blood of the Lung and Liver. They also dispel the Wind and Heat that adversely affects both the Liver and Lung, thus harmonizing their mutual efforts to govern Blood and Qi, *Ying* and *Wei*.

METAL CHILD CHARACTERISTICS

- Gracious, upright, modest, respectful, reliable.
- Meticulous, methodical.
- Perfectionistic, ritualistic, dogmatic.
- Likes clear rules, boundaries, expectations.
- Stiff, tight, inflexible, finicky, aloof.
- Dislikes conflict and changes in rules and routines.
- Easily disappointed, offended, disillusioned.
- Ethical, high standards, understands value and utility.

METAL CHILD QI DISHARMONIES

- Constrained Upper Burner Qi.
- Suppression of Liver and Heart Yang.
- Contraction of Qi.
- Accretion of Heat and Dryness.
- Attrition of Moisture.
- Disturbance of *Po*, *Hun* and *Shen*.
- Qi and Moisture unable to descend to Lower Burner.



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CONCENTRATED LIQUID EXTRACTS.

Water Seeker

Harmonizes Kidney-Heart  Spleen-Kidney

INGREDIENTS

ENGLISH

Prepared Rehmannia root
Eleutherococcus root bark
Reishi fruiting body
White atractylodes rhizome
Codonopsis root
Lotus seed
Chinese yam rhizome
Job's tears seed
Knotweed herb
Tangerine dried rind of
mature fruit
Schisandra fruit
Sharp-leaf galangal fruit
Polygala root
Chinese amomum fruit
Honey fried Chinese licorice
root and rhizome

PHARMACEUTICAL

Rehmanniae preparata radix
Acanthopanax cortex radicis
Ganoderma sclerotium
Atractylodis macrocephalae rhizoma
Codonopsis radix
Nelumbinis semen
Dioscoreae rhizoma
Coicis semen
Polygoni avicularis herba
Citri reticulatae Pericarpium fructus
Schisandrae chinensis fructus
Alpiniae oxyphyllae fructus
Polygalae radix
Amomi fructus
Glycyrrhizae praeparata cum mel
radix et rhizoma

PINYIN

Shu di huang
Wu jia pi
Ling zhi
Bai zhu
Dang shen
Lian zi
Shan yao
Yi yi ren
Bian xu
Chen pi
Wu wei zi
Yi zhi ren
Yuan zhi
Sha ren ren
Zhi gan cao

Water Seeker modulates the dynamic of the Water Triangle. This means harmonizing the interaction between both Water and Fire (Kidney and Heart) and Earth and Water (Spleen and Kidney). This is the key formula for the Water Child.

In **Water Seeker**, the Kidney Network is the focus of the formula and the herbal ingredients emphasize nurturing and consolidating the Kidney Qi, root of Yin and Yang. The Yang Qi of the Kidney is the active manifestation of the Genuine Yang (*Yuan Yang*), also known as Life Fire (*Ming Huo*). It is this Vital Heat that animates the movement of the Mind and Blood



FORMULA FUNCTIONS

- Supplements and consolidates Kidney Yin, Yang and Essence.
- Secures the Genuine Yang.
- Expels accumulated Dampness and Heat.
- Regulates transformation of Moisture.
- Supports Spleen and Stomach.

INDICATIONS

- Supports growth and vitality.
- Occasional chilled and hard to warm up.
- Occasional slow digestion, indigestion or digestive discomfort.
- Occasionally appears apathetic, lackadaisical.
- Occasional poor bladder control, especially at night.
- Heavy sleeper, wakes with difficulty.
- Occasional lack of stamina.
- Occasionally nervous or anxious about anticipated calamity.

CIRCUMSTANCES REQUIRING CAUTION

- Upper respiratory infection.
- Urinary tract infection.
- Fever.
- Indigestion.
- Diarrhea.
- Gastroenteritis.

(the Heart Qi) and kindles the processes of digestion and assimilation (the Spleen Qi).

The Kidney Yin engenders the Blood that nourishes the body and becomes the medium of the mind (*Shen*), while the Kidney Yang engenders the transformations within the body and the movement of thoughts through the Mind.

The integrated functions of the Kidney, Heart and Spleen are fundamental to the growth and maturation of the child. Preserving and protecting their integrity is crucial for the optimal processes of learning, adapting, reproducing, creating, imagining, acquiring wisdom and fulfilling destiny (*Ming*).

RATIONALE

White atractylodes rhizome, Codonopsis root, Job's tears seed, Tangerine dried rind of mature fruit and honey fried Chinese licorice root and rhizome orient this formula around the Middle Burner. The Kidney is the focus of this formula; and because the Kidney is the source and foundation of bodily life, its Qi should always be conserved and never unwittingly dispersed or excessively discharged. This formula emphasizes supporting and protecting Qi, Yang and Essence rather than regulating Qi and Blood.

Reishi fruiting body, Schisandra fruit and Lotus seed support the Heart, rouse the brain and quiet the mind. Chinese yam rhizome, Lotus seed, Tangerine dried rind of mature fruit and Chinese amomum fruit bolster the Spleen and aid the transformation of food and fluid into *Ying* and *Wei*.

Lotus seed, Schisandra fruit, prepared Rehmannia root, Chinese yam rhizome and Eleutherococcus root bark supplement and consolidate the Qi and Essence of the Kidney. Sharp-leaf galangal fruit safeguards the Yang of the Kidney, the source of the Genuine Yang (*Zhen Yang*) or True Fire (*Zhen Huo*). Kidney Yang is the origin of the life impulse that gives rise to the illumination of the Mind under the guardianship of the Heart and enables the capacity for thought, supervised by the Spleen.



COMPARISON WITH MODERN FORMULAS

- Harmonize Kidney-Heart
- Harmonize Spleen-Kidney
- Strengthen Kidney
- Strengthen Heart
- Strengthen Spleen

ALL FORMULAS ARE OFFERED
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CONCENTRATED LIQUID EXTRACTS.

With a predominance of Qi, Blood, Essence and Yang augmenting agents, Knotweed herb is at hand to discharge any accumulation of Dampness and Heat via the urinary bladder.

WATER CHILD CHARACTERISTICS

- Imaginative, insightful, daydreamer, keen observer.
- Socially awkward, blunt, slow to warm up.
- Non-conformist, original, independent learner.
- Enigmatic, hard to know, anonymous.
- Takes long to consider, decide, act.
- Calm, unperturbed, hard to arouse, excite, inspire.
- Disinterested in externals, rich inner life.
- Scientific, realist, knowledge seeker.

WATER CHILD QI DISHARMONIES

- Retained Moisture, Damp-Heat or Damp-Cold in Lower Burner.
- Constrained Kidney Yang and Genuine Yang cannot ascend.
- Suppression of Heart and Spleen Yang.
- Obstruction of Spleen Qi.
- Blocking of *Jing*.
- Disturbance of *Zhi*, *Shen* and *Yi*.



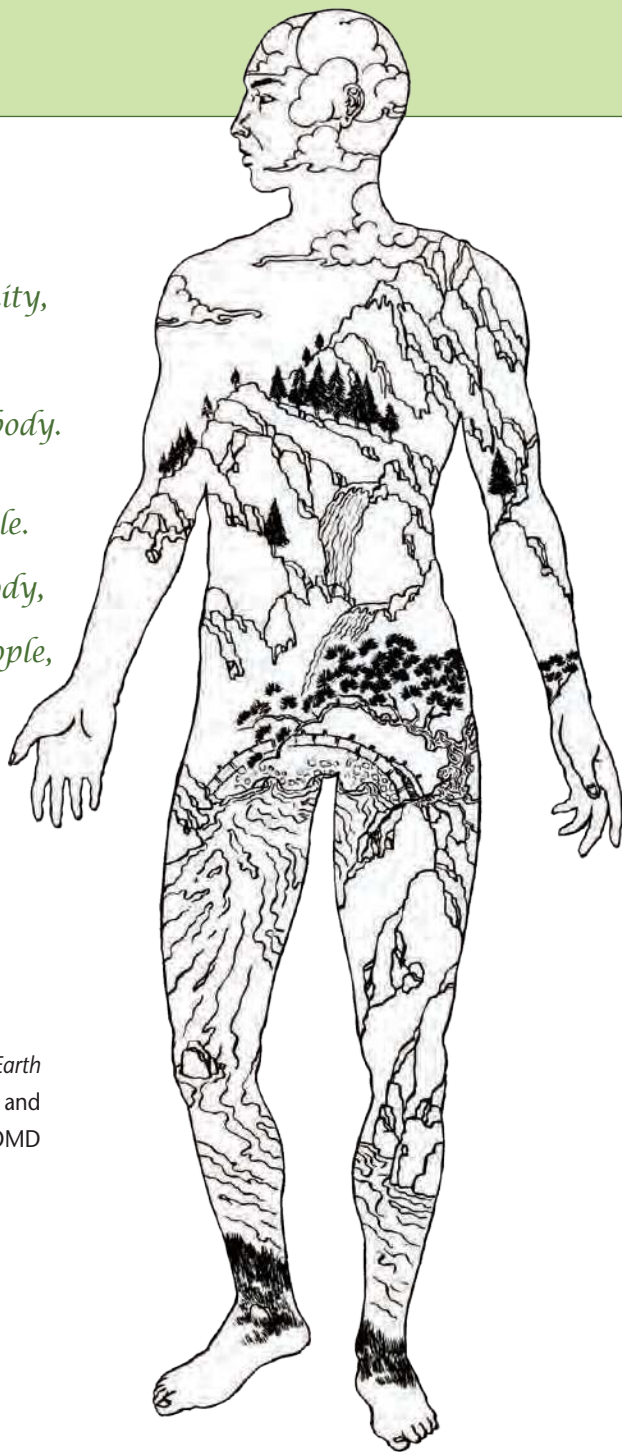
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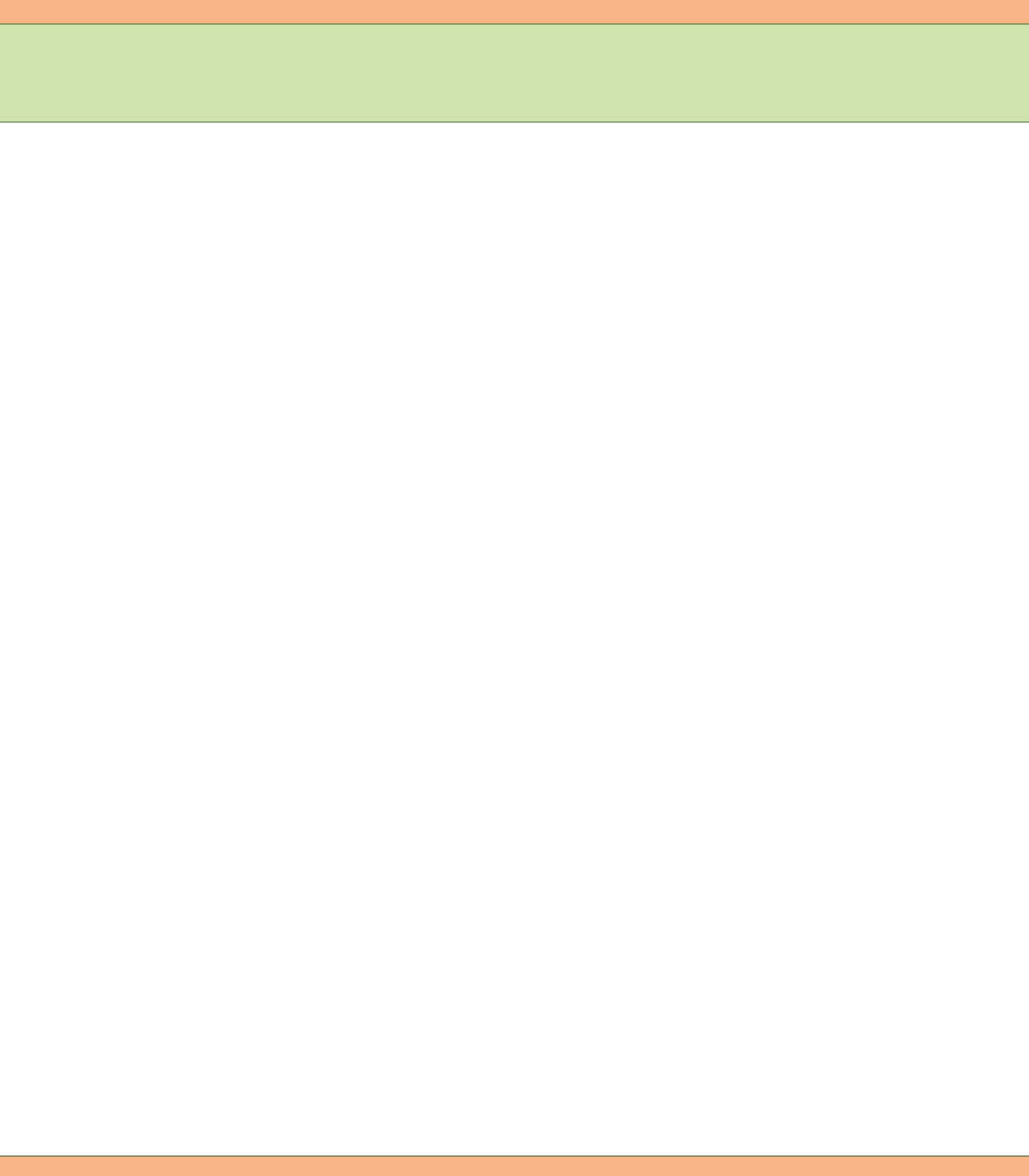
*“What is good for nature is good for humanity,
what is good for one is good for all,
what is good for the mind is good for the body.*

*Hence, to harm a part is to harm the whole.
What is bad for the heart is bad for the body,
what damages one person damages all people,
what injures the earth injures me.*

*Conversely, to restore and preserve the
health of one body and mind is to foster
the well-being of the whole, the earth and
all life upon it.”*

– *Between Heaven and Earth*
Harriet Beinfield, LAc and
Efrem Korngold, LAc, OMD







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