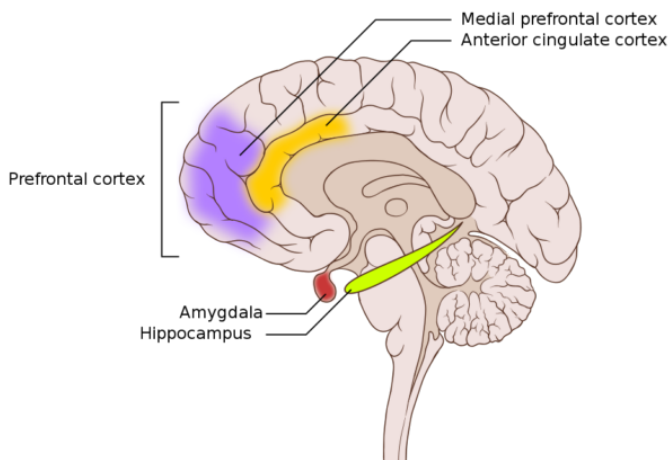


Anxiety, stress, PTSD and depression can have many negative impacts on not only day to day life, but also on organ function. In TCM, emotions are viewed as an integrated aspect of organ function, and sometimes can be the root cause of disease. The flow of Qi or energy can be interrupted by anxiety, stress, and depression. Anxiety, stress, and depression can occur separately or all together and can alternate between mild discomfort to almost uncontrollable panic with physical symptoms.

Anxiety

According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental disorders in the United States. Anxiety disorders include generalized anxiety disorders and panic disorders. The hallmark of generalized anxiety disorders is uncontrollable feelings of excessive worry and intense fear. Symptoms of anxiety include feeling nervous, restlessness, having a sense of impending danger, increased heart rate, hyperventilation, feeling weak or tired, difficulty concentrating, trouble sleeping, and/or GI problems. Panic disorders are characterized by recurrent and spontaneous episodes of intense anxiety which is also referred to as panic attacks or anxiety attacks. Panic or anxiety attacks are sudden, intense surges of fear, panic, or anxiety. They are overwhelming, and they have physical as well as emotional symptoms including pounding or racing heart, sweating, chills, trembling, difficulty breathing, weakness or dizziness, tingly or numb hands, and chest pain.

Stress triggers the human body to secrete stress hormones such as cortisol and adrenaline which can cause the production of chemokines by the liver Kupffer cells. When the liver has excessive heat with Yin Deficiency, the liver's response to stress hormones can become overwhelming which results in overproduction of chemokines. The brain can become over driven by the increased levels of chemokines and the areas of the brain responsible for controlling fear can be impacted which leads to anxiety disorders. The increased levels of chemokines will also cause inflammation of the brain and result in other types of disorder such as obsessive compulsive disorder with obsessive behavior and/or compulsive thoughts, or uncontrollable urges as well as anxiety attacks. In TCM, anxiety disorders are caused by excessive Liver Heat (the over production of chemokines) and the resulting Liver Yang Rising (the impact of the chemokines to the brain). Panic or anxiety attacks are referred to as Bentung Qi or Running Piglet due to an intense Liver Yang Rising. Chronic stress promotes the development of anxiety by causing an ultimate Qi Stagnation, a blockage of the energy flow.



Health anxiety, also called illness anxiety disorder, is an anxiety disorder in which the individual excessively worries that they are or may become seriously ill. Individuals who suffer from health anxiety may also believe that normal body sensations or minor symptoms, such as twitching or fatigue, are signs of a serious illness, even though a medical exam doesn't reveal a serious medical condition. Health anxiety can increase with age or during times of stress. Symptoms of health anxiety include being easily alarmed about your health status, finding little or no reassurance from doctor visits or negative test results, worrying excessively about a specific medical condition or your risk of developing a medical condition because it runs in the patient's family, and having so much distress about possible illnesses that it's hard to function.

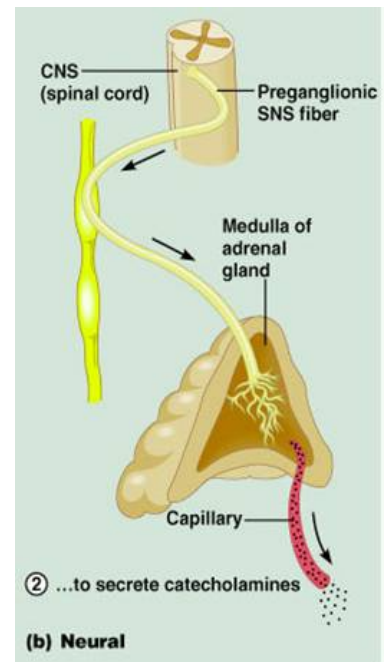
The wellness recommendation for anxiety includes Hepavin, Brown, and LC Balancer. Hepavin helps remove liver Heat, quenches liver yang rising and clear the Bentung Qi, calming down the running piglet. Hepavin helps to reduce the liver's exaggerated response to stress hormones and reduce the production of inflammatory chemokines. Many of the herbs in Hepavin have been shown to have anti-hepatotoxic, hepatoprotective, anti-inflammatory,

immunomodulatory, and neuroprotective effects.^{1,2} Brown nurtures liver Yin. Brown helps improve overall liver health and repair liver damage. Herbal ingredients in Brown have been shown to improve general wellbeing and immune functions.³ LC Balancer nurtures kidney Yin. LC Balancer helps enhance microcirculation by improving microcapillary structure which improves overall blood flow and nutrient absorption to help diminish symptoms of fatigue and tiredness. Anxiety symptoms can become notably better within the first one to two weeks and one to six weeks is recommended for sustained results.

For individuals with health anxiety, KS may also be recommended along with Hepavin, Brown, and LC Balancer. KS helps clear kidney Heat. The kidney in TCM is correlated with fear, which is very present in health anxiety disorders. Patients may retain toxins and develop mineral imbalance because of the kidney Heat, which can lead to night sweats and/or hot flashes. In addition to the kidney Heat, patients may also develop Liver Yang Rising which is the manifestation of anxiety that correlates with the obsession of excessive worries. Hepavin along with Brown and LC Balancer helps quench the Liver Yang rising. Patients can experience symptom improvement in three days and three to four weeks is recommended for sustained results.

Chronic Stress

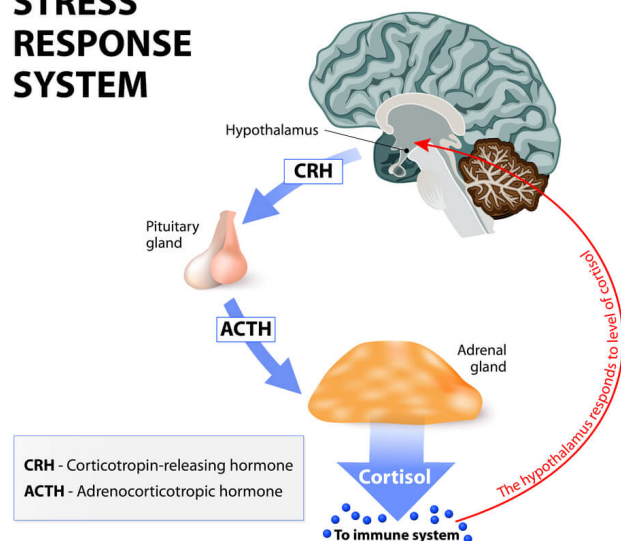
Stress is a biological response to demanding situations and causes the body to release stress hormones, such as cortisol and adrenaline. Our body's reactions to stress is also known as the "fight-or-flight" response, a survival mechanism evolved to help us quickly handle life-threatening situations. The stress response begins in the brain. When a stressor or a danger is present, the eyes or ears send the information to the amygdala, which processes emotions. The amygdala interprets the images or sounds and instantly sends a distress signal to the hypothalamus. The hypothalamus functions like a command center which activates the whole body's sympathetic nervous system which increases breathing, muscle tension, heartbeat, blood pressure, bronchioles dilation or constriction, and sweating. At the same time the sympathetic nervous system sends signals to the inner part of adrenal glands to release epinephrine, also known as adrenaline into the bloodstream. Epinephrine functions primarily to increase cardiac output, heart rate, blood pressure and glucose levels to prepare the brain and muscles to handle the emergency. Such response is quick because it bypasses the cerebral cortex and does not involve cognitive process. After the danger has passed, the parasympathetic nervous system calms the body down by promoting the "rest and digest" process.



After the initial surge of epinephrine subsides, if the stress continues, the cerebral cortex starts to get involved and our cognition can interpret the situation as a threat or danger, the hypothalamus activates the second component of the stress response system, the HPA axis. This network consists of the hypothalamus, the pituitary gland, and the adrenal glands. In this response, the hypothalamus releases corticotrophin-releasing hormone (CRH), which triggers the pituitary gland to release adrenocorticotrophic hormone (ACTH). ACTH triggers the outer part of the adrenal glands to release cortisol.

Cortisol is a steroid hormone in the glucocorticoid class and it induces rapid release of excitatory neurotransmitters to the extracellular synapse space in the prefrontal/frontal cortex including glutamate, dopamine and epinephrine so that we can process information with high gear. Cortisol also increases blood glucose levels and suppresses functions that are unnecessary for a fight-or-flight response including the immune system, food digestion, reproductive activities and growth processes. When the threat passes, cortisol levels fall. The parasympathetic nervous system then clears the stress response and helps the body resume

STRESS RESPONSE SYSTEM



to normal state. The second response is a slowed response due to the involvement of the cerebral cortex.

Many factors can trigger a stress response but some patients suffer from chronic stress in which their body is nearly always in a state of heightened alertness. Chronic stress puts pressure on the body for an extended time which can lead to many physical and psychological symptoms. Symptoms of chronic stress include irritability, fatigue, headaches, difficulty concentrating, disorganized thoughts, difficulty sleeping, changes in appetite, and/or frequent infections or illnesses.

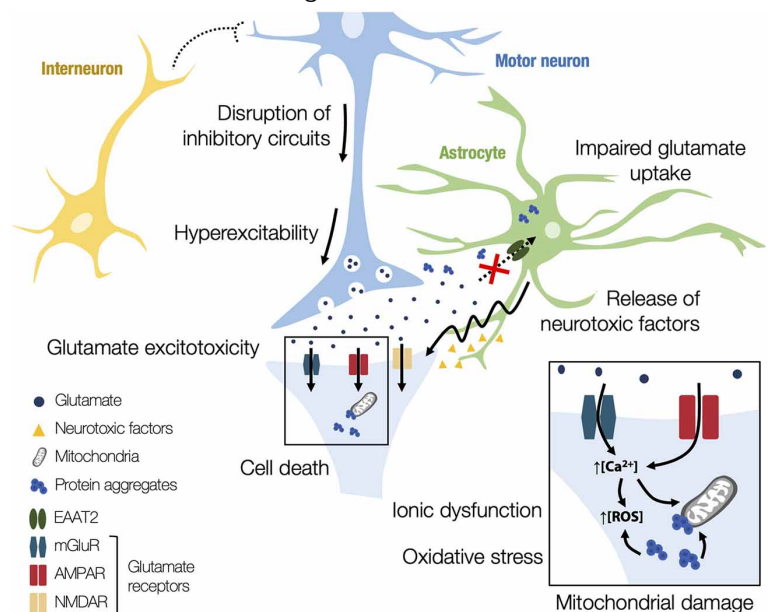
Unfortunately, stressors that are not life-threatening, such as work pressure or family issues can also cause a stress response. Our body can also overreact to stressors which may be present continuously. Overtime, repeated activation of a stress response also causes sympathetic nerve hypersensitivity and elevated cortisol levels. Research suggests that chronic stress contributes to high blood pressure, formation of artery-clogging deposits, obesity and causes brain changes that may contribute to anxiety, depression, and addiction. Overreaction to stressors can cause chronic elevated cortisol levels. Elevated cortisol levels also lower immune function causing slowed healing, decreased bone density, increased weight gain and blood pressure, cause thinning skin and accelerated aging, cold hands and feet, and fatigue.

Glutamate is the major excitatory neurotransmitter in the brain. The increased levels of extracellular glutamate caused by increased levels of cortisol triggers the release of many neurotransmitters from the neuron to allow our brain to function at a higher gear in order to handle the challenge or the threat. The increased levels of extracellular glutamate acts as a double sided sword. Glutamate is the most abundant excitatory neurotransmitter, however, it can also be damaging to the neuron and the brain as a whole because the high concentration can overexcite the neuron and generate excitotoxicity.

Glutamate is a multifunction molecule in the brain. In addition to function as excitatory neurotransmitter, it is also a key intracellular intermediary metabolite in the detoxification of ammonia and a building block in the synthesis of peptides and proteins. Glutamate is present at very high concentrations within the cells of the CNS. Therefore, an extremely tight regulatory processes is important to limit its extracellular levels in order to ensure optimal neurotransmission and prevent excitotoxicity.

To avoid neuron excitotoxicity, the human brain has inhibitory neurons in place which keeps the brain's traffic in check. GABA (gamma-aminobutyric acid) is an inhibitory neurotransmitter which reduces neuronal excitability. It is a calming substance with sedative effects and aids in relaxation and sleep. The neuron activity is controlled by balancing the glutamate and GABA. Such balancing is vital in order to endure chronic stress. Under high levels of stress, a significantly high level of GABA is necessary to modulate the stress response system and help the mind and body return to the parasympathetic state when people are at rest. Unlike glutamate, which exists always at high concentration within the neuron, GABA's concentration is very sensitive to the nutritional condition of the brain. Under stress, GABA easily becomes deficient or even depleted and can't be supplemented through diet because it can't pass the BBB.

Unfortunately, under high chronic stress, the body's nutritional support is compromised and glutamate clearance at the resting stage becomes slow down even while taking a break. Therefore, an optimal level of glutamate cannot be well maintained. One study has shown a decrease in cortical glutamate uptake from the extracellular space following 21 days of restraint stress exposure. A constant stimulation of the glutamate to the neurons and subsequent release of neurotransmitters make the brain behave like an engine running at high gear and can't be cooled down when it's supposed to be idle, like when we try to sleep. People's sleep isn't restful and they can't fully recover after sleep.



Compared to glutamate, its release is stimulated by cortisol, GABA is enhanced by progesterone, also a sex hormone involved in the menstrual cycle, pregnancy, and embryogenesis. The concentration of progesterone in the brain has been shown to be 20 times higher than in the blood, because the human brain is highly dependent on progesterone for GABA secretion. Chronic stress can cause a decrease in progesterone levels, because the progesterone is the substrate to make cortisol. When high levels of cortisol are needed while under high stress, almost all the progesterone in the blood is used to make cortisol in the adrenal glands. This is why women have difficulty becoming pregnant when they are under high levels of stress. Reduced levels of progesterone can cause further GABA insufficiency and neuron activity shifts the balance towards more excited. This makes it difficult to cool down the brain and bring it to resting stage which eventually causes burn out.

Brain neuron hyperactivity generates high amounts of free radicals. These free radicals may not be cleared promptly in the high stress mode and they can cause irritation to the microglia cell. The irritated microglia cell will generate pro-inflammatory molecules causing low grade brain inflammation. The free radicals and inflammation can interrupt the BBB function allowing other toxic molecules to get into the brain and further irritate the neuron causing headache, trouble concentrating, brain fog and anxiety.

In TCM, the increased free radical levels and inflammation of the brain in chronic stress is referred to as Brain Heat. Reduced GABA and progesterone as well as the resulting inability to clean out the extra glutamate and calm down the overexcited neuron is caused by Kidney Yin and Kidney Water deficiency. Chronic elevated cortisol levels and the resulting symptom is called Shaoyang syndrome and is the result of Liver Qi Stagnation.

The wellness recommendation for stress includes Calm in combination with Brown, LC Balancer and Xcel. Calm clears Brain Heat and helps clear the free radicals and other toxins in the brain, reduce brain inflammation. Calm also nurtures the Kidney Yin and Kidney Water and helps enhance the progesterone and GABA levels to shift the brain chemistry to a less exciting mode to increase the stress response threshold. By nurturing the Kidney Yin and Water, it also helps reduce the hyperactivity of the sympathetic nervous system and enhance parasympathetic nerve activities to calm the body down, in order to allow the body to relax, rest, renew and unwind at the end of day and prepare the body to better handle the stress with ease. Brown, LC Balancer and Xcel will help support the liver and kidney to process and remove the brain toxins. Patients can experience immediate improvement in the ability to handle stress. 4-6 weeks is recommended for significant improvement and sustained results.

Cortigen disperses Stagnated Liver Qi, relieves Qi Stagnation and reconcile the Shaoyang. It helps increase stress tolerance by regulating the HPA axis to curb the hormonal levels related to the stress response such as ACTH and cortisol levels. It also helps to minimize the damages caused by stress response and avoid being burned out by the stress. LC Balancer, Brown, and Xcel are recommended to support the liver and kidney. Patients can experience improved energy levels, better skin and bone health, increased immunities, and overall wellbeing in 1 week. 2-3 weeks is recommended for significant improvement and sustained results.

Post-Traumatic Stress Disorder (PTSD)

PTSD is a mental disorder triggered by traumatic events. Symptoms include recurrent, unwanted distressing memories of the traumatic event, reliving the traumatic event as if it were happening again (flashbacks), severe emotional distress, or physical reactions to something that reminds the patient of the event. Patients may also experience negative emotions, depression, problems with memory, difficulty maintaining close relationships, irritability, being always on guard, self-destructive behavior, and trouble concentrating and sleeping. Research has shown that the Default Mode Network (DMN) is disrupted in PTSD patients. DMN is a network of brain regions with many centers that are connected. DMN activities between those centers correspond to self-referential thought that is active when the brain is at wakeful rest and is deactivated when the individual is focused on the outside world. Disruption of the connectivity of this network by a traumatic experience causes an increase in the excitation of the activity centers and results in PTSD symptoms. In TCM, the DMN is referred as “Shen” or “Hun” and the disruption of DMN due to trauma is referred as a “Shen” or “Hun” disturbance.

The wellness recommendation for PTSD includes Shengen along with Brown, LC Balancer, and Xcel. Shengen nurtures the blood and replenishes the “Shen”. Shengen helps improve the integrity of the Default Mode Network

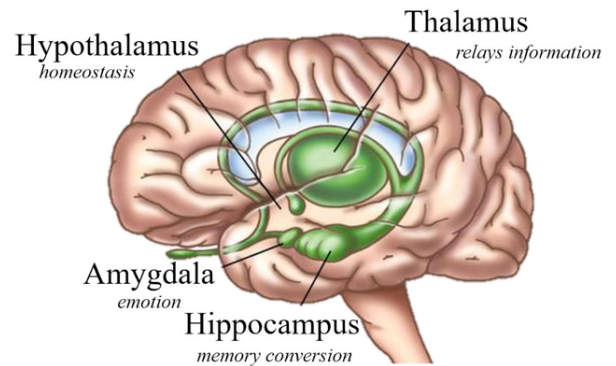
(DMN). Shengen helps restore normal DMN connectivity and alleviate the hyper-activation of affected brain regions. Brown, LC balancer and Xcel will help support the liver and kidney to process and remove the brain toxins. Patients can experience symptom improvement in one week and four to six weeks is recommended for sustained results.

Depression

Diagnosed depression as a psychiatric disorder, is the manifestation of a low mood that is much more severe and persists longer than situations that typically make a person feel sad or lonely. Symptoms of depression include fatigue, feelings of guilt, worthlessness, hopelessness, irritability, loss of interest in things once pleasurable, persistent anxious feelings, and/or suicidal thoughts/attempts.

Depression is a complex illness with many contributing factors such as abuse, certain medications, death or loss, serious illnesses etc. Researchers have noted differences in the brains of people who have clinical depression compared with those who do not. For instance, the hippocampus, a small part of the limbic system, which is vital to the storage of memories and important in regulating emotional responses appears to be smaller in some people with a history of depression than in those who've never been depressed. Some researchers have found that the stress hormone cortisol is produced in excess in depressed people. It is believed that cortisol has a toxic or "shrinking" effect on the hippocampus. Some experts also think depressed people may be born with a smaller hippocampus and are thus inclined to have depression. Serotonin is one of many brain chemicals known as neurotransmitters that allow communication across circuits that connect the brain regions involved in processing emotions, modulating mood, cognition, reward, and learning. A smaller hippocampus has fewer serotonin receptors causing an attenuation and reduction of the serotonin signal transduction leading to depressed mood and poor memory.

The Limbic System



Inflammation of the brain including the neurons and the BBB has shown to play a significant role in the development of major depression.⁷ Inflammation of the brain and vascular disease can cause narrowing of the brain vessels and reduce or block cerebral blood flow. When blood flow to the brain, especially the limbic system is restricted, insufficient nutrient supply to the limbic system and hippocampus can cause deficiency to the neuron's synthesis of neurotransmitters including dopamine, serotonin, acetylcholine, etc. and the hippocampus malfunctioning with a reduced response to serotonin leading to the development of depression.

Many patients' depressed conditions have also been linked with the early onset of vascular disease.⁸ Cerebral blood vessel blockage that occurs in the small cerebral blood vessel is common and is often ignored because a stroke is usually caused by the middle cerebral blood vessel blockage. However, poor blood circulation due to the blockage of the small cerebral blood vessels can affect neuron's ability in neurotransmitter synthesis and cause hippocampus malfunctioning leading to the development of depression and vascular dementia.⁹ Patients with such type of depression may not respond to any antidepressants due to the fact that the blood supply is restricted.

In TCM, depression is caused by Liver Qi stagnation with or without Brain Heat. Liver Qi Stagnation can cause reduced blood flow to the limbic system. Brain inflammation is referred as Brain Heat in TCM. The cerebral blood vessel inflammation is referred to as Damp and Heat in the Brain and the cerebral blood vessel blockage is referred to as Blood Stasis in the Brain.

The wellness recommendation for depression includes LifeGen, Brown, LC Balancer, and Xcel. LifeGen helps smooth and strengthen liver Qi and resolve liver Qi stagnation. LifeGen helps improve blood flow to the limbic system and nurture the brain center which is responsible for motivation, emotions, learning, and memory. Radix Bupleuri, an herb utilized in LifeGen, has been shown to have antidepressant activities by inhibiting the reuptake of serotonin, norepinephrine, and dopamine as well as having hepatoprotective effects.⁵ Brown, a Liver Yin product, has also been shown to decrease depression-like behavior through stimulating dendritic patterns in the hippocampus,

increasing levels of serotonin, and increasing energy metabolism.⁶ LC Balancer, a kidney Yin product, and Xcel, a kidney Yang product, help to improve kidney and adrenal function as well as increase the uptake of nutrients to improve symptoms such as fatigue and lack of motivation. Xcel helps improve the kidney's filtration function to secrete the mineral waste which may be interfering with brain neuron activity. Patients can experience symptom improvements in one to two weeks with increased energy and motivation and one to three months is recommended for sustained results.

For depression caused by brain inflammation, Platinum and Resurgen are recommended. Platinum helps reduce brain inflammation and Resurgen helps reduce the inflammation of cerebral blood vessels. Patients can experience symptom improvement in 3 days and 4 to 6 weeks is required for significant improvement. If there are blood clots in the small cerebral blood vessel which block the blood flow, Surgenin is recommended to dissolve the clots or stasis. If patients have vascular disease outside the brain which has caused the reduced blood flow to the brain, CV is recommended to help dissolve the plaque in the arteries and improve the blood flow to the brain. LC Balancer, Brown, and Xcel are also required to support the liver and kidney.

Acid reflux, GERD and other chronic stomach conditions can cause stomach lining degeneration which will reduce the secretion of stomach enzyme and intrinsic factor. The intrinsic factor is necessary for B12 absorption. B12 is an important cofactor of the methylation pathway which is a critical step in the biosynthesis of monoamine neurotransmitters including serotonin, epinephrine, and dopamine. B12 and other nutrient deficiencies can result in methylation dysfunction and cause insufficient production of monoamine neurotransmitters leading to the development of depression. For patients with depression caused by their stomach conditions, the recommendation includes SJ, Spring Capsule, and Formula B to improve stomach lining, food digestion, and enhance B12 and other nutrients digestive health and B12 absorption. Patients can experience symptom improvement in 1 week and 4 to 6 weeks is required for significant improvement.

For chronic depression condition with nutrient deficiency, Vitalife together with LC Balancer, Brown, and Xcel may also be required. Vitalife is a blend of herbal ingredients with multivitamins, minerals, glucosamine, chondroitin, and Methylsulfonylmethane (MSM). The herbal ingredients in VitaLife help enhance nutrient absorption and digestion. It nurtures and supports the body's Qi and Yang to compensate for Yin and coldness of those nutrients. LC Balancer, Brown, and Xcel will provide support for the liver and kidneys. Patients can experience symptom improvement in 3 days and 4 to 6 weeks is required for significant improvement.

Condition	Products
Anxiety	Hepavin, Brown, and LC Balancer
- Health anxiety	Add: KS
Stress	Calm, Brown, LC Balancer, and Xcel
- Elevated cortisol	Cortigen, Brown, LC Balancer, and Xcel
PTSD	Shengen, Brown, LC Balancer, and Xcel
Depression	LifeGen, Brown, LC Balancer, and Xcel
- Brain inflammation	Add: Resurgen, Platinum, Surgenin
- Vascular disease	Add: CV
- GI Deficiency	SJ, Spring Capsule, Formula B
- Lifelong depression	Add: Vitalife

Selected Case Studies

Case 1: Successful Resolution of Panic Attacks and Anxiety

Paul Baker, DC, OH

A patient of Dr. Paul Baker struggled with anxiety and panic attacks off and on her whole life. She had just started to get it under control until she got sick and had to go to the hospital. There they prescribed her an antibiotic that she said she regrettably took for 4 days and had a HORRIBLE reaction to. She began having massive panic attacks,

anxiety, dizziness, off-balance, etc. She cleaned up her diet and began to exercise with no improvement. She could not eat or sleep and she said it felt like her body was shutting down. Before she came to Dr. Baker, she began researching different supplements/herbs that would help her (not wanting to take medication to fix what medication did to her in the first place) and tried a few with no results.

Dr. Paul Baker had recommended trying Wei Laboratories protocol for anxiety. At first, she was hesitant to try another herb that might not work but she was desperate for help. So, a few days later she began the protocol of Hepavin and Brown Formula and almost instantly felt results. By day 2, she was sleeping better and was able to eat again, by day 7, she felt almost back to her normal self. After just 2 weeks of using it, she was anxiety and panic attack free. The patient says she is forever grateful she took Wei Laboratories herbal products and would recommend them to everyone! They are truly lifesavers.

Case 2: Successful Resolution of Klonopin Drug Withdrawal

John Zeravich, DC, CA

A 51-year-old female patient was on 3 mg of Klonopin (a Benzodiazapine drug) and had trouble weaning off the medication without severe drug withdrawal symptoms. She had grown a dependence on the drug and weaning off had left her with symptoms of mood swings, anxiousness, fear, nervousness, easily stressed, insomnia, night sweats and depression. The patient looked for a natural remedy to allow her to wean off the Klonopin without experiencing such severe withdrawal symptoms.

She began an herbal regimen from Wei Laboratories consisting of Xcel, LC Balancer, and Qi Booster. After 2 weeks of treatment, her results were great. Her symptoms of mood swings, anxiety and depression have all improved and her dosage of Klonopin has been decreased without major complications. She plans to begin Brown and now is down to 1 mg of Klonopin a day.

Case 3: Successful Treatment of Stenosis, Bell's Palsy and Depression

Michael Yuen, LAc/PhD, CA

A 60 y.o. female patient was diagnosed with spinal stenosis. She had extreme pain and had to use a cane to walk. The patient also had Bells Palsy with half of her face paralyzed, constant nerve pain and body pain, eye droop and depression. She also had a cyst in the jaw. Since her condition is very severe, Dr. Yuen decide to use Wei Laboratories stenosis protocol with 8 Large WHITEE Patches, 3 LC Balancers and 2 Brown formulas.

After only 3 weeks of the treatment, the patient saw positive results on her stenosis condition. Dr. Yuan commented that it is about a 40% improvement, a huge improvement. The patient can walk much better without the use of a cane and she also lost 10 lbs.

After 6 weeks of treatment, the patient was seeing further improvement on her stenosis condition and would like to pursue treatment of her face paralysis. Dr. Yuen believes the cause of her face paralysis might be the brain malfunctioning and recommended to add Hepavin and Platinum to the treatment which helps clear brain Heat and liver Heat to normalize neuron activities. To help the cyst in the jaw, a small WHITEE Patch was applied.

After 1 week, the treatment literally made the nerve pain go away completely with the face tightened up. Her mood is much more positive and she looks much younger. She lost 50 lbs of weight. Energy levels are great. A lot more mobility in the full body. The treatment really cleared what was going on in the brain. The doctor could see the improved brain activities. Her eye no longer drooped. Her eyes are not completely closing yet and Dr. Yuen is continuing with acupuncture treatment. Both patient and doctor commented that the improvements are remarkable and treatments are truly productive considering her age, the severity of the condition and the short period of treatment.

As the patient continues the treatment for 3 weeks, she sees further improvement with her depression. She has

reduced her medications from 7 medications to 5. There is more alertness in her face. Overall, the treatment results are amazingly positive. She has never experienced anything this great with any other treatment.

Case 4: Successful Treatment of Drug Withdrawal Symptoms and Depression

Rebecca Burton, DC, OK

A female patient, 44 years of age, pursued treatment with Dr. Burton for her severe drug withdrawals consisting of fibromyalgia, depression, anxiety, chest pain, and compulsive thoughts as well as social and physical inactivity. The patient noticed she was becoming more of a hermit and no longer cared to go out in public and enjoy things she previously loved to do. Dr. Rebecca Burton recommended a treatment protocol to support the liver, kidneys, and brain.

The patient started with a regimen of LC Balancer for kidney structural support, Platinum to clear inflammation within the brain, Hepavin to remove Heat from the liver, Pacekeeping and Millennium to improve heart structure and heartbeat, and Brown Juice to support liver function.

After the first phase of treatment the patient noticed a great improvement; her depression had improved, her appetite had increased, and she now was repairing her social and physical lifestyle. She has re-joined old friend circles and has started resuming her normal life activities. This patient is now pursuing Phase II of the treatment plan.

Case 5: Successful Treatment of Parasites, Headaches, and PTSD

Josephine Owen, ND, NC

A 50+ female went to Dr. Owen with arm pain, fatigue, headaches, and PTSD. The patient also complained of watery, itchy eyes and itchy scalp. After further tests, Dr. Owen discovered that the arm pain was due to a parasite infection and recommended Paramin and Probiosis from Wei Labs to treat the parasites. The use of Paramin clears the parasites from the biliary and bile duct and helps remove biliary and bile duct Heat or inflammation due to the parasite infection. The use of Probiosis helps clear parasites, pathogenic bacteria, fungi, or virus in the gut and removes Heat or inflammation from the GI tract.

After 3-4 weeks of the parasite treatment, the patient stated that she was feeling much better, but she still had headaches and an itchy scalp. Dr. Owen then recommended liver treatment from Wei Labs consisting of Brown, LC Balancer, and Cirrhonin for 2 weeks. The use of Brown helps improve liver structure and function to restore liver health, the use of LC Balancer enhances microcirculation, and the use of Cirrhonin helps break up fibrotic tissue that causes hardening of the liver. After 2 weeks of treatment, the patient stated that her headaches improved tremendously.

The patient then told Dr. Owen that she was under a lot of stress and had suffered from severe trauma over the years. Dr. Owen recommended 4 weeks of Shengen which helps patients with PTSD by restoring the Default Mode Network (DMN) connections which is disrupted in patients with PTSD. After using Shengen for 4 weeks, the patient reported that she felt more balanced and was able to handle stressful situations better. The patient stated that her headaches have decreased dramatically, and she feels like she has the most perfect health she has ever had in her life!

Case 6: Improved Mental Clarity and Relieved Stress

Mayda Carrillo, AP/RN, Clearwater, FL

A female patient of Dr. Carrillo had been functioning under high stress for a period of time. She was in her 50s and ran her own office. Her position imposed on her many responsibilities, which required her to multitask all the time. She was constantly distracted due to having to multitask, and she was often easily agitated.

Dr. Carrillo recommended the Calm Formula from Wei Laboratories to her. After taking it, she noticed that she does not get as nervous under high stress situations compared to when she was not taking it. She is better able to

multitask and is much more organized when she is taking the Calm Formula. Her mind is clearer and her emotions are more grounded, and her memory has improved. She is better able to deal with the stress she is facing, and her mood is improved. The patient is really appreciative that Dr. Carrillo brought Calm Formula to her, which she thinks can benefit many people!

References:

1. Chao, Wen-Wan, and Bi-Fong Lin. "Bioactivities of major constituents isolated from *Angelica sinensis* (Danggui)." *Chinese medicine* vol. 6 29. 19 Aug. 2011, doi:10.1186/1749-8546-6-29
2. Wang, Rui et al. "Radix Paeoniae Rubra and Radix Paeoniae Alba Attenuate CCl₄-induced acute liver injury: an ultra-performance liquid chromatography-mass spectrometry (UPLC-MS) based metabolomic approach for the pharmacodynamic study of Traditional Chinese Medicines (TCMs)." *International journal of molecular sciences* vol. 13,11 14634-47. 9 Nov. 2012, doi:10.3390/ijms131114634
3. Cheng, Jiang et al. "An evidence-based update on the pharmacological activities and possible molecular targets of *Lycium barbarum* polysaccharides." *Drug design, development and therapy* vol. 9 33-78. 17 Dec. 2014, doi:10.2147/DDDT.S72892
4. Szczuka, Daria et al. "American Ginseng (*Panax quinquefolium* L.) as a Source of Bioactive Phytochemicals with Pro-Health Properties." *Nutrients* vol. 11,5 1041. 9 May. 2019, doi:10.3390/nu11051041
5. Yang, Fude et al. "Radix Bupleuri: A Review of Traditional Uses, Botany, Phytochemistry, Pharmacology, and Toxicology." *BioMed research international* vol. 2017 (2017): 7597596. doi:10.1155/2017/7597596
6. Karakaş, Fatma Pehlivan et al. "*Lycium barbarum* L. (goji berry) fruits improve anxiety, depression-like behaviors, and learning performance: the moderating role of sex." (2016).
7. Lee C-H, Giuliani F. The Role of Inflammation in Depression and Fatigue. *Frontiers in Immunology*. 2019;10. doi:10.3389/fimmu.2019.01696
8. Jeon SW, Kim Y-K. The role of neuroinflammation and neurovascular dysfunction in major depressive disorder. *Journal of inflammation research*. 2018;11:179-192. doi:10.2147/JIR.S141033
9. Li Q, Yang Y, Reis C, et al. Cerebral Small Vessel Disease. *Cell Transplantation*. 2018;27(12):1711-1722. doi:10.1177/0963689718795148