

INSUFFICIENT SLEEP

Insufficient sleep is arguably the single most common obstacle to producing strong *zheng* (upright) qi. It is important to inquire about the amount and quality of sleep the patient is getting. That is why sleep is one of the 10 Diagnostic Questions in Oriental Medicine! But before you treat sleep, you must consider whether there is true insomnia or whether sleep is secondary to something else, such as a weak bladder or pain. It is more important to treat the cause than the symptom when it comes to insufficient sleep. Below are some options for helping the patients when the sleep issue is primary, rather than secondary.

An Mien Formula (*An Mien Pian*) is used to calm shen and settle the heart.

Zizyphus Formula (*Suan Zao Ren Tang*) is most effectively employed when a sleep disorders first develops in middle age due to declining yin.

Bupleurum D Formula (*Chai Hu Jia Long Gu Mu Li Tang*) is a Shang Han Lun remedy used today to settle agitation from excess. It is especially useful when sleep is disturbed by excess factors presenting as nightmares and restlessness.

For more formulas for sleep, see the pamphlet “Sleep Support with Chinese Herbs.”

CHEMICAL AND ENVIRONMENTAL TOXIN

The body will attempt to eliminate any toxin it can. But some chemical and environmental factors can confuse the body. One effective strategy for the elimination of these man-made toxins is to open up all the exit routes in the body. The one formula that does this is **Siler and Platycodon Formula** (*Fang Feng Tong Sheng San*), from the 12th Century. The formula is designed to open the bowels, drain dampness out through the urine, release the exterior and resolve phlegm. It often needs to be taken for several months when eliminating man-made toxins, and should therefore be supplemented with a formula that supports the middle burner, such as **Astragalus Formula** (*Huang Qi Jian Zhong Tang*).



LINGERING PATHOGENS

Sometimes a lingering pathogen can percolate up in times of stress and make us sick all over again. Alternately, it can also rise up and combine with a new infection. It should be borne in mind that many times a pathogen lingers not because of the enduring strength of the pathogen itself, but because during the acute phase of the illness, too much qi, blood, or yin were consumed and when the pathogen was finally weak enough to expel, there simply were insufficient resources to push it out.

Restore the Lung Formula (*Bu Fei Tang*) is used to support lung qi and resolve phlegm when the acute phase of an invasion left the lungs qi deficient with lingering phlegm.

Lily Preserve Metal Formula (*Bai He Gu Jin Tang*) can be used under similar conditions as Restore the Lung Formula, but is more appropriate when the damaged resource is the yin rather than the qi.

Minor Bupleurum Formula (*Xiao Chai Hu Tang*), because of Kampo medicine in Japan, is probably the most popular formula for dredging out lingering pathogens. It is supportive as well as clearing and is generally safe for long term use.

Viola Clear Fire Formula (*Di Ding Qing Huo Pian*) can be used when the pathogen is lingering at a deeper level, like in the blood or in the liver. It can be combined with **Minor Bupleurum Formula** for a more aggressive strategy.

ELIMINATING STRESSORS FROM OUR IMMUNE RESPONSE

Many clinicians have patients or even family members who seem to be sick by varying degrees throughout the majority of winter. We give them formulas we think of as “anti-viral” formulas and they may get better, at least for a while, but they never quite make it back to their hundred percent and they remain prone to frequent re-infection. One of the chief obstacles to health in modern society is the abundance of stressors our immune systems have to deal with.



Stressors occupy varying percentages of the qi available to the immune system to fight off external invasion. For most of humanity’s history our *zheng* (upright) qi has been taxed by emotional stress, too much sex, sleep deprivation, contaminated food and water, and lingering illness. We still have all of those to contend with, but in the modern world, we also have new stressors to the immune system like chemical toxin, junk food diets, too much screen time interface, lingering effects or side-effects from prescription or recreational drugs . . . the list goes on. A compound of immune-stressors is the norm today. If the *zheng* (upright) qi is occupied with one or more of these stressors, there is necessarily less of it available to battle new external invasions. Many times when our health does seem to finally improve, the apparent improvement is really only due to the fact that we managed to push the pathogen into latency, which means it could someday re-emerge in another form—the way chicken pox turns into shingles. Without clearing stressors, we can be sick or highly susceptible to wind-cold and wind-heat for months at a time.

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Thank you for your interest in our company.

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