

# Formulas for Phase Support of Women's Fertility

## PHASE 1

### Menstrual Phase

**Chong Release Formula** (*Jia Wei Tao Hong Si Wu Tang*) nourishes and supplements qi and blood, invigorates blood flow, supports heart-blood ↔ uterine connection, encourages the complete elimination of uterine lining.

**Tang Kuei and Peony Formula** (*Dang Gui Shao Yao San*) supports spleen qi and eliminates dampness while supplementing blood and smoothing liver qi. Helps to regulate menses when there is a combination of qi and blood deficiency with blood stagnation and chronic dampness.

**Tang Kuei and Salvia Formula** (*Jia Wei Si Wu Tang*) is a classical formula to build blood, regulate menses, and invigorate blood flow.

**Women's Precious Formula** (*Ba Zhen Tang*) is based on the classical formula for qi and blood deficiency, Eight Treasures Decoction (*Ba Zhen Tang*), our version of this formula includes the traditional combination of Four Gentlemen Decoction (*Si Jun Zi Tang*) plus Four Substances Decoction (*Si Wu Tang*), but adds herbs to regulate menses and prevent qi stagnation. Use with generalized and persistent signs of qi and blood deficiency.

## PHASE 2

### Follicular Phase

**Nourish Ren and Chong Formula** (*Jia Wei Gui Shao Di Huang Wan*) strongly nourishes the yin and blood, supports *ren* and *chong* vessels, relieves heat in the heart and liver that begins to build up during this phase.

**Women's Precious Formula** (*Ba Zhen Tang*) See left panel.

**Nourish Essence Formula** (*Zi Jing Di Huang Wan*) is an augmentation of *Liu Wei Di Huang Wan*, adding herbs that gently support yang and astringe the essence.

## PHASE 3

### Ovulatory Phase

**Mobilize Essence Formula** (*Fu Ren Bu Yin Pian*) specifically designed to support the energetics during ovulation by facilitating the necessary transition from a yin to a yang state and opening the collaterals. Also calms the spirit.

**Yin Valley Formula** (*Yin Gu Fang*) this formula eliminates toxin, clears both deficiency heat and heat in the blood, and breaks up stasis in the uterus.

## PHASE 4

### Luteal Phase

**Yuan Support Formula** (*Jia Wei Jian Gu Tang*) supplements qi and yang aspect of luteal phase by providing support for uterine contractility; strengthens receptivity of endometrium, directs liver blood to the uterus.

**Vital Treasure Formula** (*Zhen Bao Fang*) strongly supplements yang and qi, mildly invigorates blood flow. Use when there are marked signs of yang deficiency, such as cold abdomen, pale complexion.

## EFFECTIVE COMBINATIONS

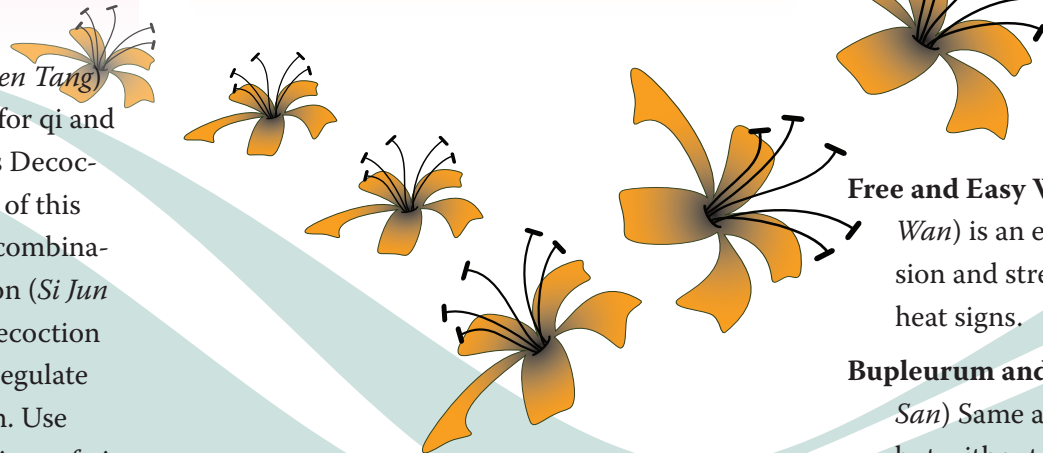
The formulas below readily combine with the main formulas (above) to enhance and customize treatments:

**Free and Easy Wanderer Plus** (*Jia Wei Xiao Yao Wan*) is an excellent formula to relieve tension and stress that are accompanied with heat signs.

**Bupleurum and Tang Kuei Formula** (*Xiao Yao San*) Same as Free and Easy Wanderer Plus, but without the ability to clear heat. Use for the same indications as Free and Easy Wanderer Plus when heat signs are absent.

**Women's Precious Formula** (*Ba Zhen Tang*) Can be added to any regimen where concomitant qi and blood deficiency are an issue.

**Two Immortals Formula** (*Jia Jian Er Xian Tang*) For women over 35 who may be experiencing an imbalance of both yin and yang.



# Herbal Strategies for Supporting Women's Fertility

## Considerations for the Four Phases of the Menstrual Cycle

### PHASE 1

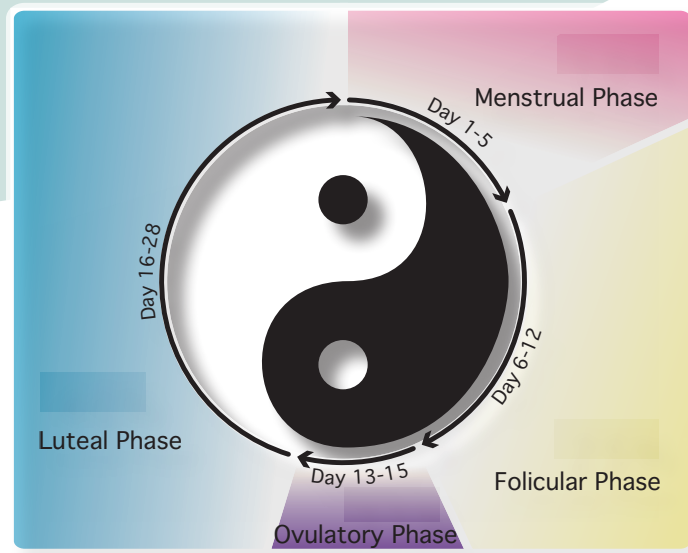
#### Menstrual Phase Considerations

- Ensure good quality of qi and blood
- Manage amount of blood
- Attend to heart-blood ↔ uterine connection
- Facilitate complete elimination of tissue

### PHASE 2

#### Follicular Phase Considerations

- Support the ovaries
- Supplement yin and blood and support the *ren* and *chong* vessels in order to help build a stable environment for fertility



### PHASE 3

#### Ovulatory Phase Considerations

- Facilitate a quick and smooth transition from yin to yang
- Emphasize blood invigoration and yang support
- Continue supporting yin and blood

### PHASE 4

#### Luteal Phase Considerations

- Help make endometrium receptive to implantation
- Support qi and yang
- Support blood flow to the uterus

*In all 4 phases, the heart and emotional components need to be supported.*

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Thank you for your interest in our company.

*John Scott, DOM and Lorena Monda, DOM*



#### Golden Flower Chinese Herbs

2724 Vassar Place NE  
Albuquerque, NM 87107  
1-800-729-8509  
www.gfcherbs.com

## Supporting Women's Fertility



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