

Achilles Bursitis

996

Achilleus

25,80

ACHILLES is used for the treatment of Achilles Bursitis. This is a condition characterised by tissue damage and inflammation of the Achilles bursa (a small fluid-filled sac located at the back of the heel) causing pain in the heel region. This herbal remedy opens the Luo, and main channels of the Tai Yang and Shao Yang dissolves blood stasis, promotes the circulation of blood and qi, calms the inflammation and reduces pain.

The patient should take 3 x 4 until 10 tablets a day for a period of 12 to 30 days. The herbal remedy can be combined with Free Flow Oil, Gel and Spray as much as possible and few times a day. Also very helpful is Iron Rope which is generally used for the treatment ligaments problems and of course Iron Drops to nourish the blood, as there is a close relationship between the blood, the liver, the tendons and the muscles. It is recommended to give some tonics like San Bao Tee, Yin Root, Rinchen Tea or even in some cases Yang Root to sustain the essence and the blood.

The patient should stop all dairy products, sugar, fruits juices as they slow down the circulation of qi and blood and would counteract the prescription

Important advices

Cold compresses, ice cubes or cold sprays are not allowed in TCM traumatology and rheumatology, as this type of cold therapy can trigger or intensify blood and qi stagnation.

The therapeutic goal of all these TCM formulas is to restore the meridians and blood vessels, dissolve blood and qi stagnation, and regenerate cartilage, bones, tendons, and muscles, depending on the area injured. Treatments with cold compresses help in the short term, but are responsible for long-term rheumatic complaints and pain, as the blood stagnation and the invading PE were not wholly resolved or discharged.

ADHD

919

Manjushri

25,80

MANJUSHRI is used for the treatment of Attention deficit hyperactivity disorder (ADHD, similar to hyperkinetic disorder in the ICD) it's a psychiatric disorder or neurobehavioral disorder characterised by significant difficulties either of inattention or hyperactivity and impulsiveness or a combination of the two. This Herbal Remedy nourishes the body essence (jing), marrow and brain, calm the yang and the stomach fire, feeds the heart, clears the subtle channels of the heart, improves the concentration and mental calmness. The patient or the child should take 3 x 4 to 10 tablets a day for four months. For a proper result, it is essential to refrain from vaccines, all type of sweet food, like sugar, chocolate, artificial sweet like aspartame, deep-frozen and microwave food, milk and all kind of dairy products with sugar, artificial flavour and fruits.

MANJUSHRI combined with Healthcare to reduce the side effects of vaccines, **QUICK BELLY MOVEMENT** improve the bowel movement and protect the yang ming from any mucus and blood stasis, **YIN ROOT** and **SAN BAO TEA** to nourish the yin, the marrow and the brain, **INTELLIGENT LODGE** to calm the overacting conceptual mind (Yi), **SPIRITUAL GATE** to soothe the HUN and the GUI (Dreams), **ANIMAL SOUL DOOR** to calm the Po and **PEACEFUL NIGHTS** to improve the sleep and clear the subtle channels of the heart.

HIV Infection

347

Black Warrior

25,80

BLACK WARRIOR was developed for the treatment of HIV (Human immunodeficiency virus). This herbal remedy drains and clears hidden damp heat toxins (Virus = Shi Re Du), from the deep layers of the body (JUE YIN and XUE FEN), clears blood heat, removes blood stasis, strengthens the immune system without causing stagnation or depletion of the Qi. **BLACK WARRIOR** should be taken continuously (in the morning) even if there are no apparent symptoms. This herbal remedy should be used in combination with immune boosting supplements such as **LUMINOUS SHIELD** in case of immunodeficiency, **LIFE ENERGY** to strengthen the spleen and remove internal dampness and also **REGENERATION**, **VITALITY**, **SAN BAO TEA**, **YIN ROOT** to boost the root of life and Immune System. Despite its anti-toxic composition, this preparation does not hurt the Qi of the middle burner.

The patient should refrain from deep frozen and microwave food, drugs, alcohol, tobacco, marijuana, fried and fatty foods, seafood, lamb meat, vinegar, garlic, onion and hot spices. Any food which could produce blood heat or damp heat should be avoided.

Acne Tablets

280

Skin Beauty Balm - 30g

15,00

ACNE GEL is used externally for the treatment of acne. This herbal remedy dredges the Yang Ming Luo vessels of the face, eliminates phlegm heat toxins (pus), softens accumulations (node), clears blood heat, and dissolves blood stasis. **SKIN BEAUTY GEL** should be used with the tablets to be more effective. **CLEANSING DAYS TABLETS** and **CLEANSING DAYS TEA** should be used in spring to stimulate the elimination of damp heat, clean the liver and the blood.

The patient should refrain from deep frozen and microwave food, junk food, fried and greasy food, fried sausages, alcohol or the combination of sugar and alcohol, cocktails, chocolate, sugar, hot spices, cheese, cream, milk, yogurt, seafood, ketchup, mustard, vinegar, garlic, onion, leek, chives, pepper, chilli, clove, ginger and pork meat.

Acne Balm

314

Skin Beauty Tablets

25,80

SKIN BEAUTY TABLET is used internally for the treatment of acne. This herbal remedy eliminates phlegm heat toxins from the skin, prevents pus and skin infection, softens hardenings and nodes, removes phlegm heat from the blood, clears blood heat, promotes the blood circulation, eliminates the phlegm heat and toxins through promoting the bowel movement and urination. **SKIN BEAUTY TABLETS** should be administered in combination with **SKIN BEAUTY GEL**, **CLEANSING DAYS** in spring, to eliminate the damp heat of the jue yin even more efficiently and **QUICK BELLY MOVEMENT** to prevent food stagnation.

This herbal remedy should not be used in case of spleen qi and yang deficiency with cold damp/phlegm accumulation in the digestive tract and secondary damp heat.

The patient should refrain from deep frozen and microwave food, junk food, fried and greasy food, fried sausages, alcohol or the combination of sugar and alcohol, cocktails, chocolate, sugar, hot spices, cheese, cream, milk, yogurt, seafood, ketchup, mustard, vinegar, garlic, onion, leek, chives, pepper, chilli, clove, ginger and pork meat.

Angina Pectoris

359

Lion's Heart

25,80

LION'S HEART is a wonderful herbal formula for the treatment of coronary heart diseases. It prevents Tan deposition in the arteries, promotes the circulation of Yang Qi in the chest, dissolves blood stasis, harmonises the relation between the heart and the kidneys, preserves the elasticity of the blood vessels, calms the mind and improves the sleep and the memory. **LION'S HEART** should be combined with **PEACEFUL GENERAL** in case of high cholesterol, **CALM RELIEF** if there is hypertension, **BREAKING THROUGH** in case of blood stasis and chest pain, **QUICK BELLY MOVEMENT** and **DIGEST TEA** to protect the heart through the Yang Ming, **LIFE ENERGY** and **SEA OF QI** if the Qi is deficient and **YANG ROOT AND RINCHEN TEA** to preserve the original Yang. **LION'S HEART** can only be used for the treatment of excess type.

The patient should stay away from fried and greasy foods, garlic (in case of high blood pressure), onions, cheese, cream, sausage, ham, salt and pork.

Angina Pectoris - Pain

Lion's Roar

LION'S ROAR is used for acute heart ailments. This Herbal Formula counteracts deposits, moves the blood, relieves pain and opens the Luo Mai of the chest, heart and pericard. Lion's Roar is emergency medicine and should be used primarily for the treatment of acute heart pain - angina pectoris immediately and 6 to 10 tablets at once. The procedure may be continued if no improvement has occurred. Lion's Roar should not be used in combination with blood thinning medications and is also contraindicated during pregnancy.

The patient should avoid fried and greasy food, heavy meals and alcohol. Cheese is not allowed.

The Posology is a one-time intake of 6 to 10 tablets or 3 x 6 distributed throughout the day.

This preparation can be very well combined with Lion's Heart, Niripsa and also Breaking Through in the acute phase.

Aphthous Stomatitis

1015

Hot Stove Gel

19,50

HOT STOVE should be used for the local treatment of aphthous stomatitis or recurrent aphthous ulceration (canker sores). This herbal balm as a cold property, clears fire toxins, stops pain and has a strong wound healing property. It should be used a few times a day. The patient should refrain from hot and spicy foods, onion, garlic, chives, alcohol, lamb, chicken, seafood, stress, smoking and coffee.

HOT STOVE can be combined with Wen Bing Medicines like: **Bright Summertime** (gastroenteritis), **WBL Green Protection's Screen** (infectious sicknesses), **Black Warrior** (HIV infection), **Taming the Bull and Taming the Snake** (Herpes Zoster Virus), **Deep Blue** (Lyme diseases - Lyme Borreliosis). Aphthous Stomatitis

Cardiac Arrhythmia

Peacemaker

KING BALANCE is used for the treatment of cardiac arrhythmia. This excellent herbal composition, Harmonises Hun, Po, and Shen together clear the subtle channels of the Heart and Calms Shen. This is an essential Patent Formula to treat the aftermath of shocking experiences, especially fear of falling asleep and nightmares. This preparation is very precious in paediatrics especially for the treatment of dreams, fear of falling asleep, to be alone during the night and restlessness during sleep.

It is recommended - in the acute phase - to take 6 to 10 tablets. Otherwise, 3 x 6 to 10 tablets are recommended per day, and the duration of therapy should be 12 days. This preparation is also allowed during pregnancy.

The patient should abstain from sweets, tobacco, coffee, tea, fried and greasy food, sausage and garlic.

This preparation can be combined with Lion 's Heart, Lion' s Roar, Breaking Through (Thrombosis) and also Tonics like Yin Root, San Bao Tee (Yin Deficiency), Iron drops (Blood Deficiency), Yang Root, Rinchentee, Warming the Root, and even Quick Belly Movement if the food stagnation via the stomach Luo Mai attack the Heart and the Heart Vessels.

Ascites

655

Water Buffalo

25,80

WATER BUFFALO is used as a basic prescription for the treatment of ascites (accumulation of fluid in the peritoneal cavity). This herbal remedy is not treating the root (Ben) of the disease but alleviate the symptoms (Biao) and should be combined with other treatments in order to be most effective.

WATER BUFFALO drains the liquids through promoting the circulation of the yang qi in the belly area, using specific diuretic herbs for that purpose. Ascites can be the consequence of cirrhosis, severe liver disease or metastatic cancer. The diagnosis is very important in order to be able to treat not only the branches but also the root of the sickness. This herbal remedy should be combine with other treatments in order to work effectively.

Even though this medicine is well balanced, it should not be taken over a too long period of time as it could exhaust the qi and the internal liquids. The patient should take 3 x 4 until 6 tablets a day.

WATER BUFFALO can be combined with many patent formulas like: ZLP Green Buffalo (Liver Qi und Blodd stasis), ZLP Yellow Buffalo (Liver Zhong Liu with damp heat), ZLP Black Buffalo (Liver Zhong Liu with yin deficiency and empty heat).

The patient should mostly refrain from greasy and fried food during all the treatment and also spicy hot food, alcohol, smoking tobacco, poultry, seafood, lamb and pig meat.

Asthma Chronic

343

Gentle Breath

25,80

GENTLE BREATH is used for the chronic inflammatory diseases of the airways, and the dry (yin deficient) manifestation of asthma with viscous and yellowish sputum, bronchospasm, wheezing, coughing, chest tightness and shortness of breath. This herbal remedy nourishes the lungs Yin, softens indurations, liquefies and promotes the expectoration of resistant mucus, lowers the lung Qi, promotes the communication between heaven (lung) and earth (kidney) and reinforces the PO (animal soul and the immune system).

GENTLE BREATH can be combined also with DEW DROPS in case of chronic bronchitis with dry cough and also with YIN ROOT and SAN BAO TEA also to nourish the kidney yin properly. Because of the onset during the night, DEEP SLEEP FORT (Insomnia) can be used to promote the sleep and also nourish the yin (fire (heart) control the metal (lungs)).

In some case it is also important to reinforce the PO with ANIMAL SOUL DOOR as it is the protector of one's health and the source of regeneration. DRY TIGER SIRUP is also excellent to promote the expectoration of the dry and yellowish sputum. This herbal remedy is not allowed in case of wind damp cold (feng shi han), wind cold (feng han) and cough with plenty of white sputum.

The patient should refrain from smoking tobacco, coffee, black tea, mustard, hot spices, garlic, onions, leek, spring onion, chive, dry ginger, chilli, lamb, chicken, seafood and alcohol.

Leukorrhea - Damp Heat

366

Hot Damp Belt

25,80

HOT BELT DAMP is used for the treatment of yellowish vaginal discharge (Huang Dai). This herbal formula strengthens the spleen and drains the damp heat and toxins out of the Liver and Belt Meridian (Dai Mai) via urination.

HOT DAMP BELT drains without exhausting the yin and the blood and can be used securely in case of Damp Heat stagnation in the lower burner.

This herbal remedy can be combined with CLEANSING DAYS TABLETS AND TEA (Cleansing treatment in spring) and EASY FLOW HEAT (Bladder Infection) in case of excessive damp heat and also Qi and Blood stagnation with pain in the lower burner.

HOT DAMP BLeukorrhea Damp HeatELT should not be used in case of kidney yang deficiency with damp cold accumulation in the lower burner and the Dai Mai.

The patient should refrain from smoking, alcohol, hot spices, mountain cheeses, greasy and fried foods, lamb and seafood.

Leukorrhea - Damp Cold

365

Cold Damp Belt

25,80

COLD DAMP BELT is used for the treatment of white and watery vaginal discharge. This herbal remedy tonifies and lifts the spleen Qi consolidates the kidney Qi, warms the kidney yang and eliminates dampness cold from the livLeukorrhea Damp Colder channels and belt meridian (Dai Mai). It also prevents Qi and blood stagnation in the lower burner.

This preparation can be combined with EASY FLOW COLD to treat the cold type of dysmenorrhoea, LIFE ENERGY to strengthens the spleen and transform internal dampness, YANG ROOT, and RINCHEN TEA to warm the kidneys and consolidate the Qi, SECRET POWER to increase the gate of life and treat lack of sexual drive. It is also helpful to do a 12 days CLEANSING NIGHTS cure in autumn to dredges the Luo channels and eliminate hidden damp and phlegm cold from the liver and belt meridian.

This herbal remedy should not be used in case of damp heat, yin deficiency, and empty heat.

The patient should refrain from deep frozen and microwave food, raw and cold food, all kind of dairy products, unripe and acid fruits, tropical fruits, tomatoes, cucumbers, green salad, honey and sugar. Leukorrhea Damp-Cold

Infections - Fire Toxins

970

Fleming

25,80

FLEMING has been created for the treatment of bacterial infection and not for viruses. This exceptional herbal remedy can be used for all kind of bacterial infection and should be considered like a broad antibiotic medicine. **Fleming** eliminates fire toxins, damp heat toxins, clears blood heat and toxins in the blood layers, can reach any part of the body and even stop bleedings. This herbal Medicine has not direct fever reducing property.

This herbal remedy is very cold and can only be used for a limited period of time. It important to use immediately Infections - Fire Toxins a very high dosage in order to avoid resistant hidden resistant toxin in the yin and damage the yang. So the procedure is very similar like western antibiotics treatment. The average dosage is 3 x 6 to 9 tablets a day, but the dosage can be increase if there is any necessity. The treatment should last 9 to 12 days, the shorter the better.

The patient should restrain from having greasy and fried food, poultry, lamb and any kind of spicy even garlic, onion, leek and so on

This herbal remedy can be combined with all kind of Wen Bing Lun Formulas or any kind of anti-inflammatory formula from the list. This herbal medicine should be taken with on travel and having it at home.

Ligaments - over expansion - ankle

995

Hermes

25,80

HERMES has been created for the treatment of torn ligaments or over - expansion of the ligaments at the ankle, this accident happens very often at the acupuncture point gallbladder 40 and it is also very often the expression of a very stressful life situation. This herbal remedy opens the Luo channels, disperses blood stasis, promotes the qi circulation, reduces pain and promote the regeneration of the ligaments.

We should not forget that the treatment of ligaments takes always a long time. The patient should take 3 x 4 until 6 tablets a day during a period of 12 until 30 days or even longer if it is necessary.

This herbal medicine can be combined with: **Iron Rope**, which is an excellent herbal remedy for all kind of ligaments ailments, **Iron Drops** to nourish the blood, the ligaments and the muscles, **San Bao Tea** to nourish the essence the blood and consolidate the kidney qi, **Free Flow Gel, Oil and Spray** should be apply as often as possible in order to open the channels, dissolves local stasis and reduces pain, this is a very important local medicine.

The patient should in the acute stage refrain from cold food and drinks, all kind of dairy produces, sugar but also garlic, onion, leek, spicy food and alcohol.

Knee Ligaments

994

Athene

25,80

STEADY WALK is used for the treatment of ligaments problems at the knee .

This herbal remedy improves the circulation of qi and blood, regenerates the ligaments, opens the meridian and reduces pain.

The patient should take 3 x 4 until 6 tablets a day during 12, 30 or even 120 days. This medicine can be combined with: **Iron Rope** which is the basic formula to treat all kinds of ligaments problems with no specific area , **Iron Drops** to nourish the blood , the ligaments and the muscles, **San Bao Tea or even Rinchen Tea** to nourish the essence, the blood and consolidate the kidney qi. **Free Flow Spray, Oil and Gel** should be apply regularly as much as possible in order to improve locally the circulation of qi and blood and reduce pain.

The patient should refrain particularly in the acute stage from all kind of dairy produces specially yogurt, cold milk, fresh cheese, , cold food and drinks, fruit juices, acid fruits, coffee and black tea. We should not forget that ligaments problems are not only the result of accident or overweight but essentially the consequence of too much dairy produces and specially milk.

Slipped Disc - Yang deficiency

991

Poseidon 1

25,80

POSEIDON 1 or slipped disc in the lumbar area. Often, herniated discs are not diagnosed immediately, as the patients come with undefined pains in the thighs, knees, or feet. Other symptoms may include sensory changes such as numbness, tingling, muscular weakness, paralysis, paresthesia, and affection of reflexes. This strong herbal remedy is just for patient with yang deficiency, internal coldness and dampness and should not be used in case of yin deficiency with empty heat and blood heat or damp heat backache.

POSEIDON 1 warm the yang, consolidates the kidney qi, strengthens the spleen, transforms internal damp, expels external damp, moves the blood and dissolves local blood stasis, open the luo channels, reduces pain and strengthens the back.

The Patient should take at least 3 x 4 until 6 tablets a day for 30 days and even longer. It takes time to warm the yang and removes the damp and dissolves blood stasis. So some patience are require to achieve the proper result.

The patient should refrain from cold food and drinks, acid fruits, fruits juices, coffee, black and green tea and all kind of dairy produces.

This formula can be combined with all the yang kidney tonics from the list like: **Yang Root, Rinchen Tea, Warming the Root, Secret Power** and also

Easy Movement Cold in case of feng shi han - bi syndrom, **Earth Pillar** for the classical treatment of backache and also apply externally this very important and precious medicine: **Free Flow Oil, Gel and Tincture** in order to open more effectively the channels , dissolves blood stasis and reduces pain. The **Free Flow Tincture** might be used together with moxa to achieve a better result in the treatment.

Slipped Disc - Yin Deficiency

992

Poseidon 2

25,80

Poseidon 2 is used for the treatment spinal disc herniation or slipped disc in the lumbar area. This herbal medicine nourish the yin, clears empty heat, blood heat, dissolves blood stasis, strengthens the spleen, transforms internal damp, opens the LUO and TMM channels and eliminate pathogenic damp (Shi Wen or Feng Shi).

The patient should take 3 x 4 until 6 Tablets a day at least during 12 until 30 days . The treatment can be prolonged if there is any need for it.

The patient should refrain from sea food, lamb, poultry, fried and greasy food, hot spices, alcohol, garlic, onion, leek and pepper.

This medicine can be combined with : **Cleansing Days Tablets and Tea** to eliminate damp heat and toxins from the liver and the lower burner, **Hot Easy Movement** to treat RE BI syndrome, **Clearing the Heat** in case of yin deficiency with obviously empty heat, blood heat and blood stasis and **Free Flow Oil, Gel and Tincture** in order to open more effectively the channels, dissolves blood stasis and reduces pain. Slipped Disc - Lumbar Area

Abdominal Pain in Babies

993

Baby Joy

25,80

BABY JOY is used for the treatment of digestive pain in small children or new born babies. This digestive problem is the consequences of damp, cold and qi stagnation in the small and large intestine and a lack of internal warmth. This herbal medicine, strengthens the qi of the spleen, transforms and eliminates internal damp and mucus, promotes the qi circulation in the yang ming, improves the immunsystem (wei qi) and the digestion of carbohydrates.

The tablets should be mixed with the food of the child: 1 to 3 tablets for a baby bottle - 3 times a day should be enough. If the child is still breast feed the mother should take the tablets, but the dosage should be increased to 3 x 4 until 6 tablets a day.

The mother and the child should refrain from cold, deep frozen and microwave food, dairy products, sugar, fruits, wheat, bread, juices and cold drinks. Abdominal Pain

Enuresis Nocturnal

794

Fearlessness

25,80

FEARLESSNESS is used for the treatment of bedwetting (nocturnal enuresis) with children and infants. This herbal remedy opens the subtle channels of the heart, strengthens ZHI (fearlessness), consolidates the kidney Qi, tonifies the postnatal source of Jing (Spleen) and harmonises the relation between the heart (SHEN) and the kidneys (ZHI).

FEARLESSNESS can be combined with WILL´S CHAMBER to strengthens the ZHI, SPIRITUAL SOUL DOOR to control the Yang Gui (dreams) and ANIMAL SOUL GATE to strengthen the immune system, the PO and control Yin Gui (nightmares), NO WORRY to relax and calm the heart and PEACEFUL NIGHTS to calm the shen and improve the sleep.

The child should refrain from computer games, TV, black and green tea, sugar, yogurt, cold and raw food, cold drinEnuresis Nocturnal ks and junk food. In some difficult situations it is important to apply acupuncture (ghost points) and psychotherapy.

Conjunctivitis - Acute Stage

765

Beautiful Eyes

25,80

BEAUTIFUL EYES is used for the acute treatment of conjunctivitis. This herbal remedy clears the eyes, dispels wind from the channels, harmonizes liver and gallbladder Qi, clears heart fire and calms the Shen and the Hun.

BEAUTIFUL EYES should be used for acute conjunctivitis - caused by external wind, computer and mental imbalance – this herbal remedy can be combined with **BRIGHT LIGHT** which is the most important formula for the treatment of chronic eyes diseases. In order to enhance the properties from **BEAUTIFUL EYES** it is requested to take it with some peppermint tea. This herbal remedy cannot be used for the treatment Conjunctivitis eyes diseases caused through yin deficiency and empty heat.

The patient should refrain from hot spices, garlic, onion, strong alcohol, pepper, ginger and especially coffee. Coffee damages the yin of the eyes and should in case of eye disease be stopped immediately. Conjunctivitis

Cystitis - Acute

316

Hot Stream

25,80

HOT STREAM is used for the treatment of acute and painful cystitis. This herbal remedy drains damp heat via urination, clears fire toxins, reduces pains, calms the mind and stops bleeding.

High dosage is requested at the onset of the disease. The patient should take immediately 3 x 10 tablets a day for a period of 6 to 10 days. If the dosage is not done properly the symptoms might reappear again. This herbal formula should not be used for the deficiency type of bladder infection with yang deficiency, cold kidneys and secondary damp heat.

The patient should refrain from stress, time pressure, chili powder, tabasco, cinnamom, clove, five spice powder, garam masala, harissa, jerk spice, curry powder, chaat masala, ras el hanout, fenugreek seed, black pepper, cayenne pepper, long pepper, chinese hua jiao , seafood, lamb and chicken and drink more water. Cystitis Acute

Cystitic - Chronic

308

Cold Stream

25,80

COLD STREAM is applied for the recurrent and chronic forms of cystitis (antibiotic resistant) with inner coldness and weakness of the kidney yang and Qi. This type of bladder dysfunction mostly happens because of the over use of antibiotics, cold food and drinks.

This herbal remedy is warming the kidneys, strengthens the kidney Qi, moves the water, strengthens the spleen, transforms the dampness and eliminates secondary damp heat through via urination.

Western herbal kidneys and bladder teas are mostly cold in nature and should not be used for the chronic type of bladder infection, especially if there is no bacteria in the urine.

COLD STREAM cannot be used for the acute and primary stages of bladder infection with damp heat and fire toxins and also in case of yin deficiency with empty fire.

After the acute stage it is important to continue the treatment with **YANG ROOT** and **RINCHEN TEA** to warm the kidney yang aCystitic Chronicnd consolidate the Qi, **SECRET POWER** to warm the gate of life and increase the sexual drive, **LIFE ENERGY** to strengthens the spleen and transform digestive damp and **WATER BALANCE** in case of urinary incontinence or any involuntary leakage of urine.

The patient should stay way from cold and raw vegetables, cucumbers, tomatoes, eggplant, celery, yogurt, milk, soya milk, all kind of cold drinks, fruits juices, peppermint tea, coffee, black and green tea.

Qi and Blood Stasis

702

Five Queens

25,80

FIVE QUEENS medicine moves the blood and reaches the four extremities. This herbal remedy should be used for the treatment of pain being the consequences of metastasis obstructing the free flow of blood and qi in the blood vessels and Luo channels. This formula is mild and equilibrates and is less blood moving than **BREAKING THROUGH** (Thrombosis or Decubitus) or **FREE FLOW TABLETS** (Blood Stasis resulting from operation or accident), it can be used over a long period of time. Five Queens can be combined with **BREAKING THROUGH** (Thrombosis), **FREE FLOW TABLETS**, **SPRAY**, **GEL AND OIL** (sprains and bruises), **LION´S HEART** (Angina Pectoris), **LOVING CARE** (Morbus Reynaud), **FIVE DRAGONS** (Tan AND Toxins obstructing the Luo channels) and also **EASY FLOW HEAT AND COLD** (Dysmenorrhea).

The average dosage is between 3 x 3 to 6 tablets a day.

The Patient should refrain from cold and greasy dairy products, cheese, milk, kefir, condensed milk, ricotta, buttermilk, ghee, curd, yogurt, lassi, cream cheese, frozen yogurt, cream cheese, cottage cheese, paneer, powdered milk, clotted cream, smetana, ice cream, butter , sugar and acid fruits, wood ear mushroom, mushroom

Bleedings

1012

Bram Stocker

25,80

BRAM STOCKER is used for the treatment of bleeding. This very precious medicine should only be used to treat bleedings from blood heat, toxins and blood stagnation, but never yang deficiency of qi collapse as it would have not effect and damage the yang qi even more.

This herbal formula has cool nature and should only be used for a limited period of time and stop immediately when the bleedings has ceased. Pregant women and children are allowed to take it.

Bram Stocker clears heat, toxins and dissolve also blood stasis without increasing the bleedings but should be combined with other formulas in order to unfold its full property , specially in case of infection.

The patient should immediately take 3 x 6 until 9 tablets a day and the dosage can be increased in case of any necessities. At the same time th epatient should refrain from all kind of food which could produce some blood heat like ; Sea Food, Vinegar, Alcohol, Lamb, Chicken, all kind of hot spices, pepper, ginger, garlic, onion , leek, chives and so on.

The particular property of **Bram Stocker** is to be used for the treatment of thrombozytopenic Purpura und Septicemia or Sepsis, also in combination with order formulas even more appropriated for this case.

Lyme Disease

924

Deep Blue

25,80

DEEP BLUE is used for the treatment of post consequences of Lyme Disease.

The patient may develop severe and chronic symptoms that affect many parts of the body, including the brain, nerves, eyes, joints and Deep Blueheart. This herbal remedy should be used of the late disseminated stage where the infection has fully spread throughout the body. **DEEP BLUE** eliminates through the Yang Ming (Bowel) Damp Heat and Toxins from the deep layers (Xue Fen). It is important to understand that Lyme Disease is a Wen Bing sickness with hidden damp heat and toxins in the deep layer.

This herbal remedy can be combined with **REMOVING THE CLOUDS** for the treatment of SHI WEN diseases as it helps to remove more effectively internal dampness.

The treatment should be at least 6 months and the patient should take 3 x 4 to 6 tablets a day and the patient should refrain from sugar, dairy produces, fruit juices, onion, garlic, chili powder, tabasco, cinnamom, clove, five spice powder, garam masala, harissa, jerk spice, curry powder, chaat masala, ras el hanout, fenugreek seed, black pepper, cayenne pepper, long pepper, chinese hua jiao, onion, garlic, leek and alcohol.

Bronchitis Chronic

344

Dew Drops

25,80

DEW DROPS is used for the long-term consequences of lung diseases such as pneumonia, chronic bronchitis and asthma (dry type). This herbal remedy nourishes the lung yin, the body fluids (Jin Ye), liquefies and transforms phlegm-heat (viscous and yellowish sputum) and lowers the lung Qi (cough - shortness of breath). This herbal remedy should not be used in case of acute wind draft or heat (wei feng) but only from deficiency stages without pathogenic influences. DEW DROPS is not allowed in case of wind cold and cold phlegm. This herbal remedy can be combined with GENTLE BREATH in case of asthma and yin boosting formulas like YIN ROOT and SAN BAO TEA to nourish the essence properly and enhance the relation between the lungs and the kidneys and LUMINOUS SHIELD to strengthen the immune system.

The patient should refrain from tobacco, strong coffee, hot spices, mustard, chilli sauce, garlic, onions, alcohol, lamb, chicken and leeks. It is allowed to take this formula with some honey.

Burn Out Syndrom

265

Burnout Relieve

25,80

BURNOUT RELIEVE is used for the treatment of burn out syndrome, a very common sickness in our modern society. This precious herbal remedy calm the YI (conceptual mind – worrying , over thinking, obsession) , disperse gallbladder Qi stagnation (stress), clear internal heat, opens the subtle channels of the heart, fills the kidney essence (Jing), calm the mind (shen) and improves the sleep. BURNOUT RELIEF has a calming and regenerating property.

An indispensable remedy for those who have lost both their physical and their mental balance. BURNOUT RELIEF can be combined with HAPPY DAYS to relax the Qi and open the subtle channels of the heart in case of slight depression, NO WORRY to relax the Qi and improve the sleep, YIN ROOT and SAN BAO TEA to nourish the kidneys and consolidate the Qi, ANIMAL SOUL DOOR to strengthens the PO, enhance the immune system and calm the Yin Gui, SPIRITUAL SOUL GATE to calm the Hun and the Yang Gui, PEACEFUL NIGHTS and DEEP SLEEP FORTE to improve the sleep and calm the mind (shen). The patient should refrain from drugs, coffee, tobacco, marijuana, hot spices, garlic, alcohol and do some Qi qong or meditation.

Candida Albicans

345

Overcoming Limitations

25,80

OVERCOMING LIMITATIONS is used for treatment of fungal infections (candida albicans) in the digestive tract. This herbal remedy is very helpful and can be combined with QUICK BELL MOVEMENT and DIGEST TEA to prevent the side effects of fungal infections. OVERCOMING LIMITATIONS strengthens the spleen, transforms dampness, stimulates food absorption and eliminates damp heat and toxins from the Yang Ming (stomach and large intestine).

The patient should abstain for at least 9 to 12 months from microwave food, deep frozen food, sugar, honey, fructose, wheat (pasta), bread, all dairy products and fruits. The intake of carbohydrates should be reduced.

Cellulitis - Tablets

798

Beauty Legs Tablets

25,80

BEAUTY LEGS TABLETS is used for the treatment of cellulitis and orange skin. This herbal remedy is not a magical one and should be combined with a proper diet and exercise in order to be effective.

BEAUTY LEGS TABLETS boost the spleen qi, transforms internal damp, promotes the digestion, promotes diuresis and the blood circulation in the legs and reduces pain due to damp heat and blood stasis in the lower extremities. This herbal remedy can be combined with Light Legs Tablets for the treatment of varicose veins or Breaking Through in case of Thrombosis.

Beauty Legs Gel should be also apply 2 times a day externally.

The patient should refrain from porks meat, sugar, dairy produces and specially cheese

Cellulitis - Spray

821

Beauty Legs Spray

28,00

BEAUTY LEGS SPRAY is used for the treatment of cellulitis and orange skin. This herbal remedy is not a magical one and should be combined with a proper diet and exercise in order to be effective.

BEAUTY LEGS SPRAY opens the Luo channels, promotes the local circulation of qi the blood in the legs, drains the dampness through the elimination channels and reduces pain in the lower extremities. This herbal remedy should be combined with "Beauty Legs Tablets", "Light Legs Tablets and Gel" for the treatment of varicose veins or "Breaking Through" in case of Thrombosis.

Beauty Legs Spray should be also apply 2 or 3 times a day.

Cellulitis

The patient should refrain from porks meat, sugar, dairy produces and specially cheese

Spondylosis Deformans

997

Atlas

25,80

ATLAS is used for the treatment of cervical **Spondylosis Deformans**. This strong herbal remedy disperses wind cold and damp, opens the luo vessels, dissolves blood stasis and promotes the circulation of blood, regenerates the bones and cartilage and reduces pain. This herbal remedy should be taken during a long period of time and the dosage should be 3 x 4 until 6 tablets a day.

This herbal remedy should not be given in case of damp heat, toxins, blood heat, yin deficiency and fire, pregnancy and hypertension. **ATLAS** can be combined with many other formulas like: **Grasping the wind - 1** (Rheumatoid arthritis), **Hera** (Frozen Shoulder), **Persephone** (Tennis Elbow), **Free Flow Tablets, Gel, Oil, Spray** in order to promote the circulation of blood and qi and reduces pain. The patient should refrain from cold food and drinks, specially dairy produces like yoghurt, cold milk, fruit juices and vitamin c extra supply.

Because of the strong relation between the nape, the sexual area and the kidneys, it is important to warm the kidneys and nourish the essence with **Yang Root, Rinchen Tea and Warming the Root**.

Cholecystitis

Wrathful General

WRATHFUL GENERAL is used for the acute treatment of cholecystitis. This patent formula disperses the Shao Yang Qi (Gallbladder), clears heat and damp heat, moves the qi and the blood and above all relieves pain. The aetiology can be either bile stones or emotional conflicts and stress. It is therefore advisable to always use this preparation in combination with other patent formulas such as Quick and Slow Belly Movement to promote the resorptions, Greenstone in case of biliary stones, Happy Days to open the Heart Channels, , No Worry , Six Flowers and Joyful Days to relax, Peaceful Nights to relieve the Gallbladder through Improving the sleep and in case of Yin deficiency Deep Sleep Forte , Burn out Relief - in case of burn out syndrome and stress and SHL Taming the Dragon to improve the circulation of the Shao Yang Qi.

The patient should immediately take 10 tablets per hour or at least 4 times a day and refrain from greasy and fried food, onion, chive, leek, garlic, alcohol, and chocolate. Fasting for a few days would indeed be helpful. In acute onset, acupuncture is a crucial treatment too. This preparation is allowed during pregnancy

Cholesterol

282

Peaceful General 140st

25,80

PEACEFUL GENERAL consists of the most effective herbs for the treatment of deposits in the arteries and protects against arterosclerosis and brain strokes. This herbal remedy harmonises Shao Yang (wood) and Yang Ming (earth), lowers the gall bladder Qi and stimulates its function, prevents food stagnation, promotes the digestion of carbohydrates, fat and animal proteins, eliminates damp heat, prevents phlegm (Tan) deposition and blood stasis in the blood vessels (atherosclerosis), protects the brain (brain stroke) and the heart (coronary heart diseases) . This precious herbal remedy should be taken before each meal or in the early morning.

PEACEFUL GENERAL should be taken at least for 9 to 12 months continuously and can be combined with LION'S HEART in case of heart diseases, QUICK BELLY MOVEMENT and DIGEST TEA to promote the digestion of carbohydrates and animal proteins, CLEANSING DAYS to promote the elimination of damp heat and BREAKING THROUGH in case of thrombosis. This formula cannot be used for the treatment of high cholesterol in yang deficiency or cold constitution.

The patient should refrain from fried and greasy food but specially pork, sausage, ham and generally the combination of low quality animal proteins and salt.

Cholesterol - Big Box

282

Peaceful General 700st

104,00

PEACEFUL GENERAL consists of the most effective herbs for the treatment of cholesterol and protects against arterosclerosis and brain strokes. This herbal remedy harmonises Shao Yang (wood) and Yang Ming (earth), lowers the gall bladder Qi and stimulates its function, prevents food stagnation, promotes the digestion of carbohydrates, fat and animal proteins, eliminates damp heat, prevents phlegm (Tan) deposition and blood stasis in the blood vessels (atherosclerosis), protects the brain (brain stroke) and the heart (coronary heart diseases) . This precious herbal remedy should be taken before each meal or in the early morning.

PEACEFUL GENERAL should be taken at least for 9 to 12 months continuously and can be combined with LION'S HEART in case of heart diseases, QUICK BELLY MOVEMENT and DIGEST TEA to promote the digestion of carbohydrates and animal proteins, CLEANSING DAYS to promote the elimination of damp heat and BREAKING THROUGH in case of thrombosis. This formula cannot be used for the treatment of high cholesterol in yang deficiency or cold constitution.

The patient should refrain from fried and greasy food but specially pork, sausage, ham and generally the combination of low quality animal proteins and salt.

Colitis Ulcerosa

346

Peaceful Moments

25,80

PEACEFUL MOMENTS is used for the treatment of ulcerative colitis. This herbal remedy strengthens the spleen, eliminates damp heat and toxins, clears blood heat, disperses blood and Qi stagnation in the colon and stop bleedings. This herbal remedy is only to be used for acute ulcerative colitis and bleeding piles. PEACEFUL MOMENTS should not be used for the secondary damp-heat type of ulcerative colitis, when damp and cold in the colon prevails. This herbal formula can be combined with OPEN SPACE in case of gastritis, CONFIDENCE if there is stomach ulcer and TEMPLE OF PEACE for the treatment of duodenum ulcer. The patient should refrain from smoking, coffee, alcohol, spicy and hot spices and especially garlic, leeks, onions, chives, and vinegar.

Moon Face

MOON FACE is used to treat Cushing Syndrome. This drug neutralises the side effects of ACTH or corticosteroids, nourishes the yin, clears up the empty fire and blood heat, dissolves blood congestion, lowers the liver's yang (hypertension) and controls blood sugar.

Symptoms: Obesity, a red flushed face, head distention and vertigo, throbbing headache, irritability, anger, chest oppression, heart vexation, profuse dreams, thirst, constipation, slimy, yellow tongue fur, and a slippery, bowstring, rapid pulse

TCM Mind Mapping: ACTH or corticosteroids or Kidneys Yin Deficiency and Empty Heat> along with Spleen Qi Deficiency> Damp Heat> Heat prevails > Qi and Blood Stasis > Ascendant Liver Yang

Posology: It is recommended 3 x 6 to 10 tablets a day

Combinations: Sugar Blues 1 (Diabetes Type 1) and 2 (Diabetes Type 2), Clearing the Heat (Empty Heat), Black Turtle (Cortisone Side Effects), Weight Balance Heat (Overweight with Damp and Phlegm Heat), Black Stones (Kidney Stones), Finding Balance (Manic Depressive), Easy Flow Hot (Dysmenorrhea)

Dietetics: garlic, leek, onion, dill, chives, spring onion, pepper, nutmeg, chilli, Tabasco, lamb, poultry, seafood, fried and greasy food, alcohol, sugar, sweets, honey, fructose, chocolate, cheese

Antibiotics Side Effects

968

Good Earth

25,80

GOOD EARTH is used to treat the side effects of Antibiotics, chronic diarrhoea, Immune deficiency and allergy. This herbal remedy stimulates the spleen function, promotes the digestion of food, regenerates the intestine flora, strengthens the immune system and stop diarrhoea. The patient should take 3 x 3 until 6 tablets a day during a long period of time of 15 until 30 days.

This herbal remedy can be used during pregnancy. The patient should refrain from cold food and drink, specially, dairy produces, sugar, fruits, juices and coffee. **GOOD EARTH** can be combined with **Life Energy** to stimulate the spleen function, **Vitality** in case of exhaustion of Qi and Blood, **Yang Root, Warming the Root, Rinchen Tea** to warm the kidney yang and consolidate the kidney qi.

Diarrhoea - Summertime

408

Bright Summertime

25,80

BRIGHT SUMMERTIME is used for the treatment of summer diarrhoea, with a headache, shivering, fever, oliguria, nausea and vomiting. This herbal remedy is made out of aromatic and diaphoretic herbs it opens the surface, lower the lung qi, promotes the circulation of the triple heater and diuresis, transforms internal damp and stop diarrhoea and nausea.

The patient should take immediately 3 x 6 to 8 tablets a day with some aromatic western herbal tea like Rosmarinus officinalis Flos - Rosmarin tea.

This herbal Formula can be combined with "Removing the Clouds" and afterwards with "Quick Belly Movement" to enhance the digestion.

The patient should refrain from cold food and drinks, salad, ice cream, sugar, juices, beer, dairy produces and acid fruits.

Depression - Chronic

348

Bright Future

25,80

BRIGHT FUTURE is used for treatment of depression (DIAN). This wonderful herbal remedy eliminates phlegm (Tan) and dissolves blood stasis obstructing the subtle channels of the heart. This herbal remedy harmonized HUN (spiritual soul – astral body) and PO (animal soul – etheric body), soothes YI (conceptual mind) and revives SHEN (consciousness). This important herbal remedy can be combined with Depression HAPPY DAYS in the morning in case of mild depression due to Qi stagnation, NO WORRY to give a happy mind, QUICK BELLY MOVEMENT and DIGEST TEA to protect against food stagnation, tan and blood stasis in the digestive tract.

The patient should give up all kind of deep frozen and microwave food, dairy products, sugar, fructose, chocolate, aspartame, coca cola, fanta, sprite, wheat products (pasta, pizza), white bread and sweetener over a period of 12 months.

Frustration

291

Happy Day

25,80

HAPPY DAYS is used for the treatment of mild depression, frustration or bad mood in the morning. This herbal remedy should be taken, especially in the early morning in the wood phase of the day with some peppermint tea. HAPPY DAYS harmonized and relaxed the constraint Qi of the gallbladder and liver and provide a good mood for the day. This herbal remedy promotes the digestion and has a slight anti-depressive property. HAPPY DAYS opens the heart channels and gives a high spirit.

HAPPY DAYS can be combined with PEACEFUL NIGHTS to improve the sleep, NO WORRY to dissolve even stronger the constraint Qi and improve sleep, EASY FLOW COLD and EASY FLOW HOT in case of painful menstruations with blood clots and BRIGHT FUTURE if it moves toward depression. The patient should refrain from deep frozen and microwave food, greasy and oily food, fried food, chocolate, sugar, aspartame, garlic, onion, and alcohol.

Happy Day

Diabetes Juvenile - Type 1

815

Sugar Blues 1

25,80

SUGAR BLUES 1 is indicated for treatment of juvenile diabetes - type 1. Its regular use prevents generally the side effects of diabetes mellitus. This herbal remedy nourishes the Yin, clears empty heat, clears blood heat and prevents blood stasis and phlegm (Tan) deposition in the blood vessels. Its regular use protects against impotence, high blood pressure, kidney problems, blood vessels and eye diseases. This formula should be combined with yin nourishing prescriptions like YIN ROOT and SAN BAO TEA and BRIGHT LIGHT should be used if the eyes are affected.

It is very important to note that SUGAR BLUES 1 and 2 lower the blood sugar! In order to avoid hypoglycaemic reactions, the patient should carefully check his blood sugar and adapt the amount of insulin.

The SUGAR BLUES 1 and 2 should be taken without interruption. This herbal remedy should not be used in case of Spleen damp heat with enlarged and red tongue with thick, yellowish and greasy tongue coating.

The patient should strictly watch their diet and avoid above all refined carbohydrates, junk food, deep frozen and microwaves food, fried and greasy food, sugar, hot spices, garlic, onion, leek, chives, pepper, chilli, vinegar, alcohol and lamb. SUGAR BLUES 1 and 2 can be combined with western treatment.

Diabetes Mellitus - Type 2

387

Sugar Blues 2

25,80

SUGAR BLUES 2 is used for the treatment of diabetes mellitus type 2. This compound stimulates the absorption of fat, protein and carbohydrates, eliminates damp and phlegm heat, prevents deposition of phlegm (Tan), clears blood heat and dissolves blood stasis, nourishes the body fluids and protects the Yin without producing any stagnations or internal damp. It is important to note that both SUGAR BLUES preparations can be combined with insulin. SUGAR BLUES 2 can be combined with QUICK BELLY MOVEMENT and DIGEST TEA to improve the digestion of carbohydrates, proteins and fat, WEIGHT BALANCE HEAT to eliminate the damp heat, CLEANSING DAYS TABLETS and TEA to dredge the liver and the blood in spring. In case of high cholesterol PEACEFUL GENERAL is recommended and in order to protect the blood vessels and the heart LION'S HEART should be used too.

It is very important to note that SUGAR BLUES 1 and 2 lower the blood sugar! In order to avoid hypoglycaemic reactions, the patient should carefully check his blood sugar and adapt the amount of insulin.

The patient should strictly watch their diet and avoid above all refined carbohydrates, junk food, deep frozen and microwaves food, fried and greasy food, sugar, hot spices, garlic, onion, leek, chives, pepper, chilli, vinegar, alcohol, lamb, chicken, ham, sausages, and fatty cheeses.

Pathless Path

PATHLESS PATH is used for the treatment of acute diverticulitis.

This valuable food supplement stimulates intestinal transit, nourishes the yin of the colon without producing internal moisture or mucus, clears heat and toxins, dissolves blood and qi stagnation and prevents intestinal bleeding.

Signs and Symptoms: Diverticulitis, specifically colonic diverticulitis, is a gastrointestinal disease characterised by inflammation of abnormal pouches - diverticulitis - which can develop in the wall of the large intestine. Diverticulitis typically presents with left lower quadrant abdominal pain of sudden onset. There may also be fever, nausea, diarrhoea or constipation, and blood in the stool

TCM Mind Mapping: spleen qi deficiency and kidney yin deficiency (old age)> heat and damp heat whereby the heat predominates> large intestine qi and blood stagnation> toxins> blood heat> bleeding> Zhong Liu danger

Contraindications: This formula should not be used for diverticulitis due to Yang deficiency and internal cold, damp cold and phlegm cold and is not allowed during pregnancy.

Posology: 3 x 6 to 10 daily

Dietetics: Citrus Fruits, Fried and Greasy Food, Seafood, Lamb, Poultry, Garlic, Onion, Leek, Chives, Dill, Pepper, Ginger, Alcohol.

Diarrhoea - Damp Heat

770

Happy Release

25,80

HAPPY RELEASE is used for the treatment of acute damp heat diarrhea. This herbal remedy reinforces the spleen Qi, promotes food absorption, drains the damp heat through the elimination channels, clears blood heat and stops bleeding. It can be combined with PEACEFUL MOMENTS in case of colitis ulcerosa, OPEN SPACE if the patient suffers from gastritis and FINDING THE TRUTH for the treatment of Morbus Crohn. This herbal remedy cannot be used for the treatment of damp cold or secondary damp heat diarrhea.

The patient should refrain from hot spices, alcohol, fried and greasy foods, vinegar, onions, chili, lamb, chicken.

Diarrhea - Damp Cold

771

Drying the Earth

25,80

DRYING EARTH is used for the treatment of chronic cold diarrhoea or unformed stools. This formula warms the spleen, transformed internal dampness and promotes the absorption of carbohydrates. This warm prescription cannot be used in case of yin deficiency, damp heat or stomach fire.

The patient should abstain from deep frozen and microwave food, wheat products, bread with jam and cheese, sugar, fruits, all dairy products, coffee, green and black tea, peppermint tea and cold foods.

Dysmenorrhea - Heat

349

Easy Flow Hot

25,80

EASY FLOW HOT is used for the treatment of painful menstruation with heat and damp heat stagnation in the lower jiao. This herbal remedy drains damp heat out of the belt vessel (dai mai) and gallbladder, clears heat, smoothes the Qi circulation in the lower jiao, clears blood heat and prevents blood stasis, relieves pain, ease the menstrual bleeding, harmonises Chong und Ren Mai and calms the mind. This formula should be taken 3 to 6 days before the menstruation and repeated every month until the symptoms subside. In some difficult cases, it is possible to start the treatment from the ovulation on and even take the formula during the menstruation. **EASY FLOW HEAT** can be combined with **LADY'S RELIEF** for the treatment of painful breasts, **HOT DAMP BELT** to treat yellowish vaginal discharge and also **HAPPY DAYS** or **NO WORRY** to ease the Qi circulation of the liver and gallbladder and give a happy mood. **Dysmenorrhea Heat**

The patient should refrain from stress, hot spices, vinegar, goat cheese, lamb, poultry, alcohol, fried and greasy food.

Dysmenorrhea - Cold

313

Easy Flow Cold

25,80

EASY FLOW COLD is used for the cold type of menstrual disorder (dysmenorrhoea). This herbal formula warms the kidneys, eliminates the cold from the liver, blood layer and belt meridian (Dai Mai), warms the blood, removes blood stasis, harmonises Chong and Ren Mai and relieves pain. **EASY FLOW COLD** has a warming and a dispersing property and should be taken one week to three days before the menstruation. The treatment should be repeated few times in order to have a good result. This herbal remedy should be combined with **YANG ROOT** and **RINCHEN TEA** to tonify the kidneys and nourish the essence with warm herbs, **MOON EYES** in case of ovarian cysts, **WHITE DAMP BELT** to treat white vaginal discharge and **IRON DROPS** if there is iron deficiency and hypo menorrhea. This formula has a warm property and should not be used for the Qi stagnation and heat type of dysmenorrhoea or damp heat accumulation in the lower jiao.

The patient should refrain from cold and raw food, tomato, cucumber, eggplant, green salad, celery, potato, soya products, tofu, dairy produces, acid fruits, exotic fruits, fruits juices, vitamin C supplements, coffee, green, black tea and peppermint tea over a long period of time. Regular footbaths with dry ginger powder are recommended as one can warm the kidney through the feet.

Ovarian Cysts

317

Moon Eyes

25,80

MOON EYES is used for the treatment of ovarian cysts caused by cold and damp stagnation in the lower burner. This herbal remedy warms the kidney yang, dredges the Liver Luo channel, disperses liver cold, dissolves blood stasis in the lower jiao, promotes the circulation of Qi and relieves pain. **MOON EYES** can be combined with **EASY FLOW COLD** in case of dysmenorrhoea, **COLD DAMP BELT** for the treatment of white vaginal discharge, **YANG ROOT** and **RINCHEN TEA** to boost the kidneys yang and nourish the Jing with warm herbs and **SECRET POWER** to warm the gate of life. This herbal formula should not be used in case of infectious sicknesses, blood heat, empty heat and damp heat in the lower burner.

The patient should give up cold and raw food, cold drinks, green salads, tomato, cucumber, eggplant, yogurt, yogurt with fruits and sugar, milk, chocolate, cheese, peppermint tea, green and black tee, coffee, fruits and juices. Warm footbath with ginger powder and fennel tea will enhance the effect of the formulas.

Anaemia	292
Iron Drops 140st	25,80
<p>IRON DROPS is used for the treatment of anaemia (iron deficiency). This exceptional herbal remedy strengthens the postnatal source of Jing (the earth), fills the kidney essence (jing), and nourishes the marrow and the blood without producing any wetness or stagnation. IRON DROPS should be taken at least for 120 days. This preparation can be combined with YIN ROOT, SAN BAO TEA, YANG ROOT AND RINCHEN TEA. YIN ROOT AND SAN BAO TEA have a neutral property, RINCHEN TEA and YANG ROOT have a warm one. The choice depends if the constitution is cold or warm. Usually patients with iron deficiency have a cold constitution. In case of low blood pressure, LIFE ENERGY, but specially SEA OF QI, should be added. If the patient suffers from headache and tinnitus DAY TIME BELLS can be given too.</p> <p>The patient should refrain from, junk food, cold and raw food, like green salad, cucumber, tomato, eggplant, dairy products, fruits juices, black tea and coffee.</p>	
Anaemia - Big Box	292
Iron Drops 700st	104,00
<p>IRON DROPS is used for the treatment of anaemia (iron deficiency). This exceptional herbal remedy strengthens the postnatal source of Jing (the earth), fills the kidney essence (jing), and nourishes the marrow and the blood without producing any wetness or stagnation. IRON DROPS should be taken at least for 120 days. This preparation can be combined with YIN ROOT, SAN BAO TEA, YANG ROOT AND RINCHEN TEA. YIN ROOT AND SAN BAO TEA have a neutral property, RINCHEN TEA and YANG ROOT have a warm one. The choice depends if the constitution is cold or warm. Usually patients with iron deficiency have a cold constitution. In case of low blood pressure, LIFE ENERGY, but specially SEA OF QI, should be added. If the patient suffers from headache and tinnitus DAY TIME BELLS can be given too.</p> <p>The patient should refrain from, junk food, cold and raw food, like green salad, cucumber, tomato, eggplant, dairy products, fruits juices, black tea and coffee.</p>	
Exhaustion after Delivery	309
Life Protection	25,80
<p>LIFE PROTECTION is used as a tonic after childbirth. This preparation fills and strengthens Chong Mai, Ren Mai, the essence, the blood, the body fluids and the Qi. LIFE PROTECTION must be taken continuously while breastfeeding as it promotes the lactation and protect against childbirth depression.</p> <p>This herbal formula can be combined with SAN BAO TEA and YIN ROOT to nourish the kidney essence and consolidate the Qi. Nutritive food should be taken like quail eggs, walnuts, sesame seeds, and chicken soup.</p> <p>It is important to refrain from cold food and drinks, coffee, black tea, onion, garlic, leek, vinegar, hot spices, seafood and alcohol during breast feeding. Life Protection</p>	
Zhong Liu - Prevention	688
Heaven's Protection 140st	25,80
<p>Heaven's Protection is used as a prophylactic treatment to prevent Tan and Blood Stasis obstructing the free flow of the Luo Channels and blood vessels. It is a prophylatic treatment like cleansing days and nights which should be done once a year for a period of 12 days. This particular herbal remedy eliminates damp, mucus, phlegm, toxins and blood stasis. It is important to refrain from all animal proteins during the treatment and to keep a light diet of grains, vegetables and fruits. It is requested to take 3 x 4 tablets a day during 12 days. This treatment is particularly recommended after 40 years of age .</p>	

Zhong Liu - Prevention

688

Heaven's Protection 700st

104,00

Heaven's Protection is used as a prophylactic treatment to prevent Tan and Blood Stasis obstructing the free flow of the Luo Channels and blood vessels. It is a prophylactic treatment like cleansing days and nights which should be done once a year for a period of 12 days. This particular herbal remedy eliminates damp, mucus, phlegm, toxins and blood stasis. It is important to refrain from all animal proteins during the treatment and to keep a light diet of grains, vegetables and fruits. It is requested to take 3 x 4 tablets a day during 12 days. This treatment is particularly recommended after 40 years of age .

Detoxification - Spring - Tablets

318

Cleansing Days Tablets

25,80

CLEANSING DAYS TABLETS is used mainly as a spring detoxification program with food restriction (no animal proteins, dairy products and spices are allowed), over a period of 12 days after the spring equinox. This herbal remedy cleans the liver and the blood layer, eliminates damp heat, clear hidden fire toxins, clears blood heat, dredges the Luo channels and the joints, help to loose weight, cleans the skin, the urogenital tract and the Spring Detoxification Tabletsexual organs. This is an important cure after the winter time and help to get rid of the toxic wastes (animal proteins) which got stuck in the deep layers, joints and skin of the organism. CLEANSING DAYS has a diuretic property and should not be taken in the late evening or before going to bed. CLEANSING DAYS TABLETS and TEA can be used for the treatment of acute bladder infection, damp heat skin diseases, diabetes mellitus type 2 with overweight, high cholesterol, acute inflammatory rheumatism and also to reduce the acute side effect of vaccination. This herbal remedy should not be used in case of internal cold, yang deficiency and damp cold. Cold vegetarian should stay away from this herbal formula.

Patient should refrain during the 12 days cure from all kind of animal proteins, cheese, spicy and hot spices, garlic, onions, leeks, alcohol, fried and greasy food and drink plenty of corn silk tea.

Detoxification - Spring - Herbal Tea

899

Cleansing Days Tea - 134g

18,90

Cleansing Day's Tea is used for the spring cure . This herbal tea has a strong draining property, it cleans the liver and eliminates damp heat and toxins. Its properties will unfold completely when combined together with Cleansing Days Tablets and Tea . Because of the cooling and draining properties of this herbal remedy , it is important to do it when the weather is slightly warm. This herbal remedy should not be given to cold vegetarian, patient with yang deficiency and damp cold. It is important to remember that this herbal tea has a draining property and should not be taken in the late evening .

Patient should refrain from animal proteins, hot spices, alcohol, garlic, leek, onion and sugar.

Detoxification - Fall - Tablets

727

Cleansing Nights Tea - 134g

25,80

Cleansing Nights Tablets is used for the detox treatment in Fall. This herbal remedy strengthens the spleen, transforms internal damp, eliminates phlegm, promotes the digestion and the bowel movement, is slightly warm and boost the immune system. It is an excellent remedy for cold vegetarian or patient with a yang deficiency constitution and damp cold organism. In order to enhance the property it should be combined together with **Cleansing Nights Tea** for a period of 10 to 12 days. This treatment will help the organism to get rid of cold mucus and damp accumulated during the summer season, it will protect the lungs and enhance the immune system.

It is requested to take 3 x 4 Tablets a day, always before each meal, together with 3 cups of the herbal tea.

The patient should refrain from all kind of damp producing food, like sugar, dairy produces, cold milk, chocolate, fruits, juices, tomato, cucumber and salad.

Detoxification - Fall - Herbal Tea

900

Cleansing Nights Tea - 134g

18,90

Cleansing Nights Tea is used for the detox treatment in Fall. This western herbal prescription strengthens the spleen, transforms internal damp, promotes the digestion and the bowel movement and boost the immune system. It is an excellent herbal tea for cold vegetarian or patient with a yang deficiency constitution and damp cold organism. In order to enhance the property it should be combined together with cleansing nights tablets for a period of 12 days. This treatment will help the organism to get rid of cold mucus and damp accumulated during the summer season, it will protect the lungs and enhance the immune system.

The patient should refrain from all kind of damp producing food, like sugar, dairy produces, cold milk, chocolate, fruits, juices, tomato, cucumber and salad.

It is requested to take 3 cups a day together with the 4 tablets for a period of 12 days.

Epilepsy

364

Thunderstorm

25,80

THUNDERSTORM is used for the treatment of epilepsy and should be taken for a long period of time. This herbal remedy eliminates wind phlegm (Feng Tan), dredges the LUO vessels, dissolves blood stasis, calms the mind and reinforces the yin. In addition, **THUNDERSTORM** has a balancing effect on HUN, PO and SHEN and can be given to children.

This herbal remedy should be combined with **SPIRITUAL SOUL GATE** for night epilepsy (yin Qiao mai disorder), **PEACEFUL GENERAL** to eliminate phlegm from the blood layer, **CALMING THE WIND** to sooth the nervous system, **CALM RELIEF** to lower the liver yang, **CALM HEAVEN** to dredge the Luo channel and main vessels of the head and **SPIRIT'S HALL** to calm the mind and promote mental clarity. To improve the permeability of the Yang Ming and prevent food stagnation, blood stasis and phlegm, it is recommended to drink regularly **DIGESTIV TEA** or to take **QUICK BELLY MOVEMENT**.

The patient should avoid deep frozen and microwave food, junk food, fried and greasy food, garlic, onion, hot spices, alcohol, tobacco and coffee.

Differentialdiagnostik - Bian Zheng : Gallbladder Phlegm Heat and Liver Blood Deficiency > Feng Tan > Qi and Blood Stasis in the head

Common Cold - Acute Stage

272

SHL Cold Draft Remedy

25,80

SHL COLD DRAFT REMEDY is used for the treatment of wind cold and damp. This herbal remedy has a warming property and promotes sweating. It is used for the treatment of Tai Yang syndrome, with occipital headache, shivering, running nose and coughing. In order to enhance the property of this herbal remedy it is recommended to take it with some fresh ginger tea. **SHL COLD DRAFT REMEDY** should not be used for the treatment of infectious sicknesses, Yang Ming or Qi Fen syndromes. This dispersing (Diaphoretic) herbal remedy can be used together with **COLD EASY MOVEMENT** for the treatment of Feng Shi Han Bi Syndromes. This herbal remedy is also efficient for clearing the senses and the nose.

The patient should give up raw and cold food, dairy products, green salads, beer, acid fruits, soy products and yogurt.

Yang - Qi and Jing Deficiency

817

Rinchen Tea

27,00

RINCHEN TEA belongs to the **YANG SHENG FA** (long life) herbal remedy and can be used to nourish the kidney essence and warm the yang. This herbal tea warms the Yang, nourishes the Jing and blood with warm herbs, consolidates the kidney Qi (= belt vessel Dai Mai) strengthens the bones, stimulates the postnatal source of yin (spleen and stomach), penetrates into the Chong, Ren and Du Mai channels, promotes fertility, sexuality and stimulates the immune system.

It is recommended to drink this tea as an infusion or decoction a few times a day and to refrain from cold and raw vegetables, green salad, yogurt, soy products, tofu, cucumbers, tomatoes, fruits juices, sugar, peppermint tea, coffee, green and black tea. This herbal tea strengthens **ZHI** and **SHEN** and can be combined with **YANG ROOT** to enhance its effect, **SECRET POWER** in case of erectile dysfunction and Yang and Jing Deficiency to strengthen the **ZHI**. This herbal tea is contraindicated in case of yin deficiency with empty heat or damp heat in the bladder and lower burner. This is an excellent tea to drink in the late morning or in the afternoon.

Yin - Blood and Qi Deficiency

816

San Bao Tea

27,00

SAN BAO TEA belongs to the **YANG SHENG FA** – long life medicine. This herbal tea nourishes the kidney essence and the blood without producing any dampness, phlegm or stagnation, stimulates the postnatal source of the jing, consolidates the Kidney Qi, nourishes the heart, calms the mind and has a balancing effect on **HUN**, **PO**, **SHEN** and **ZHI**. It can be given to children and pregnant women. This is an excellent remedy to control hot flashes and should be taken in the afternoon or evening time. **SAN BAO TEA** can be combined with **IRON DROPS** to stimulate the production of the blood, **DEEP SLEEP FORTE** to improve the sleep and stop night sweating, **YIN ROOT** to nourish the yin and consolidate the kidney Qi and even **YANG ROOT** and **RINCHEN TEA** in case of Yin and Yang deficiency of the kidneys at the same time. It is recommended to warm the yang in the morning and to nourish the yin in the afternoon. **SAN BAO TEA** should not be used in case infectious sicknesses and internal Damp or Phlegm accumulation. This is the major herbal tea for women, to protect the yin and nourish the blood.

Exhaustion - Tincture

760

Lebenselixir Tinktur 100ml

10,05

LIFE ELIXIR WINE (wine 500ml) and **DROPS** (tincture - 100ml) is a Daoist long life formula (Yang Sheng Fa) and should be from the age of 40 onward be taken regularly. **LIFE ELIXIR** strengthens the 5 pillars (roots) of the organism (Qi, Yang, Yin, Internal liquids and blood) without producing damp or phlegm accumulation. It promotes the circulation of Qi and blood, strengthens the ligament, muscles, bones and the limbs. This marvellous formula should be used daily in small dose; it can be taken undiluted or diluted with some warm water. This herbal composition acts against premature aging, strengthens the legs, promotes walking, sharpens the senses and stimulates libido. Long term use gives a youthful appearance, nourishes the brain and enhances the memory.

Because of its alcoholic content and slightly warm nature, **LIFE ELIXIR** is not suitable for children and patients with hypertension, hepatitis, skin rashes or infectious diseases.

This preparation can be efficiently combined with **YANG ROOT**, **RINCHEN TEA**, **YIN ROOT**, **SAN BAO TEA** and **SECRET POWER**. All those herbal formulas aim at tonifying the kidney Qi and nourish the body essence (Jing). Exhaustion

Exhaustion - Wine

761

Lebenselixir Wein 500ml

22,00

LIFE ELIXIR WINE (wine 500ml) and **DROPS** (tincture - 100ml) is a Daoist long life formula (Yang Sheng Fa) and should be from the age of 40 onward be taken regularly. **LIFE ELIXIR** strengthens the 5 pillars (roots) of the organism (Qi, Yang, Yin, Internal liquids and blood) without producing damp or phlegm accumulation. It promotes the circulation of Qi and blood, strengthens the ligament, muscles, bones and the limbs. This marvellous formula should be used daily in small dose; it can be taken undiluted or diluted with some warm water. This herbal composition acts against premature aging, strengthens the legs, promotes walking, sharpens the senses and stimulates libido. Long term use gives a youthful appearance, nourishes the brain and enhances the memory.

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Facial Paralysis

811

Recovering Symetrie

25,80

RECOVERING SYMMETRY is used for treatment of facial nerve paralysis. This herbal remedy eliminates phlegm (Tan) from the LUO vessels (Yang Ming and Shao Yang), promotes the circulation of Qi and blood, dredges the Luo and main channel of the face and opens the subtle channels of the heart. **RECOVERING SYMMETRY** is a Shao Yang (gallbladder) and Yang Ming (stomach-colon) herbal composition and can be used together with **QUICK BELLY MOVEMENT**, **DIGEST TEA** to improve the downward movement of the Yang Ming Qi and **RECOVERING STRENGTH** in case of a stroke. In order to improve the blood circulation in the LUO vessels **BREAKING THROUGH** can be used to promote the blood circulation together with **FREE FLOW GEL** and **OIL** externally. **RECOVERING SYMMETRY** is used specifically for facial paralysis and **RECOVERING STRENGTH** for the treatment of unilateral paralysis caused by brain stroke, both herbal remedies can be combined together in order to enhance the treatment.

The patient sParalysis hould pay attention to external wind and keep away from alcohol, fried, greasy and spicy hot food, tobacco, coffee and greasy meat.

Miscarriage	307
Holding the Essence	25,80
<p>HOLDING THE ESSENCE is used to prevent miscarriage and should be taken continuously during the pregnancy. This herbal remedy strengthens and nourishes the Chong and Ren Mai, fills the essence (Jing), the blood, consolidates the kidney Qi, lifts the Qi, stops bleeding and has a slightly warming nature. Additionally the patient should drink SAN BAO TEA or take YIN ROOT to reinforce the kidney Qi and the Jing. In case of internal coldness or yang deficiency YANG ROOT and RINCHEN TEA are more suitable to provide enough JING for the Chong and Ren Mai and nourish the essence with warm herbs. HOLDING THE ESSENCE gives the baby a peaceful mood and a healthy body. This formula is not allowed in case of Damp Heat, Blood Heat or during infectious sicknesses.</p> <p>The patient should refrain from deep frozen and microwave food, cold and raw food, green salad, coffee, black tea, tomato, eggplant, cucumber, celery, mushrooms, soya products, tofu, acid fruits and yogurt.</p>	
Tan Obstruction - Zhong Liu	703
Five Dragons	25,80
<p>Five Dragons is used for the treatment of Feng Tan and the obstruction of the Luo channels with mucus (wind mucus), Toxins and blood stasis. This exceptional herbal medicine strengthens the middle burner, promotes the digestion, transforms internal damp, reaches all the Luo channels, the extremities, disperses wind mucus and reduces hardening and pain.</p> <p>The dosage should be 3 x 1 until 3 tablets a day or it can be directly added into an herbal decoction. This medicine should be used in combination with Zheng Jia Ji Ju, Neurological, Blood stasis and Pain Formulas like : Five Queens (all kind of blood stasis), Breaking Through (Thrombosis, Decubitus), Free Flow Tablets (Trauma, Operation), Calm Heaven (Shao Yang headache), Clear Sky (Thick mucus and heat Stagnation in the Luo channels), Thunderstorm (Epilepsy), Calming the Wind (Parkinson), Recovering Strength (Brain stroke - Zhong Feng).</p> <p>The patient should refrain from fried and fatty food, pork's meat, sausage cheese, eggs, garlic, onion, leek, alcohol, seafood, vinegar and hot spices. Tan Obstruction</p>	
Heel Spur	998
Ares	25,80
<p>ARES is used for the treatment of Calcaneal Spur or Heel Spur. Major symptoms consist of pain in the region surrounding the spur, which typically increases in intensity after prolonged periods of rest. Patients may report heel pain to be more severe when waking up in the morning. Patients may not be able to bear weight on the afflicted heel comfortably. Running, walking, or lifting heavy weight may exacerbate the issue. This herbal remedy should be used over a certain period of time until the symptoms get better and of course, be combined with acupuncture and also in some cases with western treatment . Joyful Steps strengthens the spleen , eliminates damp heat , disperses blood and qi stagnation and reduces pain. This herbal remedy can be combined together with: Strong Rope for the ligaments, joints and tendons, Achilles as it will help locally to reduce the inflammation and the pain, Cleansing Days Tablets and Tea to get rid even quicker from the damp heat and of course apply externally as much as possible Free Flow Oil, Gel and specially Spray in the acute stage.</p> <p>The patient should take 3 x 4 until 6 tablets a day between 12 until 30 days and should refrain from hot spices, fried and greasy food, reduce the intake of animal proteins, sea food and specially no pigs meat and fatty, heavy cheese, garlic, onion and leek are also not allowed. This particularly place of the body reflect also the kidney and the lower jiao. This herbal remedy is not allowed during pregnancy.</p>	

Fibroadenom

999

Knotty Path

25,80

Knotty Path is used for the treatment of Fibroadenom. This herbal remedy disperse liver and gallbladder Qi Stagnation, clears and calms the Mind (Shen), harmonises the relation between the wood and the earth, moves the yang ming qi downward, softens hardenings and masses, dissolves blood stasis clears toxins and calms pain.

This herbal remedy should be taken over a long period of time specially during the first part of the cycle, which means right after the menstruation until ovulation. This cycle should be repeated few times.

Knotty Path can be combined with many medicines specially: Tree of Life (Mastitis), Lady's Relief (Mastopathy), Easy Flow Hot and Cold (Dysmenorrhea), Happy Days (slight depression), Relaxing Days Tea (Stress), No Worry (Stress), Bright Future (Depression), Five Shells (Hardenings and Knots), Celestial Pivot (Hardenings and Knots).

The patient should refrain from dairy produces, specially cheese, sugar, deep frozen food and microwaves.

Fibromyalgia

1000

Happy Move

25,80

HAPPY MOVE is used for the treatment of fibromyalgia. There is different causes for this pathology but the major one is dampness blocking the channels and obstructing also the subtle channels of the heart. In some case it could be an infectious sicknesses (Wen Bing Lun) with has deeply penetrate within the organism.

This herbal remedy strengthens the spleen function, eliminates wind damp, eliminate also internal damp, promotes the circulation of qi and blood, free the channels, reduces pain and improves mental clarity. **Happy Move** should not be used in case of yin deficiency with empty fire.

The patient should take 3 x 4 until 6 tablets a day for 12 until 30 days. The treatment can be prolonged and the quantity of tablets increased in case. It is very important that the patient refrains from all dairy produces, sugar, sweet food for at least 120 days and get acupuncture regularly.

Fever High - Suppository

393

Cooling Dew Supp. 2ost

25,50

COOLING DEW SUPP. is applied for the treatment of Yang Ming and Qi Fen fever and is very useful in the pediatry. This herbal preparation can be given to small children or babies just the quantities should be reduced. This herbal remedy clears yang ming and Qi fen heat, and promotes the bowel movement which is a very important part of the treatment in that case. These suppositories may be applied several times a day together with SHL SNOW TIGER if there is Yang Ming fever without constipation or SHL DRY EARTH in case SHL fever with constipation. In order to obtain the most beneficial effect of this remedy a precise diagnosis has to be done. This suppository cannot be used in case of damp heat, Qi deficiency, yin deficiency, wei fen and tai yang fever. Because of their constitutional feature, children are prone to yang ming and Qi fen fever with very high pit of temperature sometimes even over 40 degree. In that particular case, the bowel movement should be induced with some external laxative medicine.

The patient should refrain from animal protein and spices.

Carbuncles Gel	1016
Hot Springs Gel	18,00
<p>Hot Spring Gel is used for the treatment of boils and carbuncles. This anti-toxic and cold gel drains damp heat and toxins from the skin and deep tissue and is anti-toxic, anti-inflammatory and antibiotic. There is no particular contraindications.</p> <p>The patient should apply the gel few times a day together with the HOT SPRING TABLETS and refrain from all kind of toxic food, junk food, deep frozen, fried, microwaves, hot spices, alcohol and even meat for 12 days. The treatment can be enhance with Cleansing Days Tablet and Tea, Five Herbs, Heavenly Stream this three formulas can eliminate in different way the damp heat and toxins , clear Blood Heat from the deep layers.</p>	
Carbuncles Tablets	1007
Hot Springs Tablets	25,80
<p>Hot Spring is used for the treatment of boils, carbuncles. This anti-toxic herbal remedy, drains damp heat and toxins from the Yang Ming, Xue Fen and Liver through the elimination channels out of the organism. This herbal remedy disperse blood stasis , clears blood heat and has a cold and draining property and should not be used during pregnancy or breast feeding time. The patient should take 3 x 4 until 6 even 9 tablets a day during at least 12 days and refrain from all kind of toxic food, junk food, deep frozen, fried, microwaves, hot spices, alcohol and even meat for 12 days.</p> <p>It is important to promote the bowel movement and diuresis in order to eliminate the toxins. Externally herbal compress with hedyotidis diffusae herba - bai hua she she cao, barbatae scutellariae radix - ban zhi lian, coptidis rhizoma - huang lian, phellodendri cortex - huang bai, scutellariae baicalensis radix - huang qin should be applied.</p>	
Athlete's Foot	391
Peaceful Feet Balm	24,90
<p>PEACEFUL FEET BALM is applied for the treatment of athlete's foot. This herbal balm eliminates skin damp heat and stop itching. The feet are closely related to the lower burner and it would also be helpful to combine this prescription with a 12 days Cleansing Days Tablets und Cleansing Day's Tea cure to drain the damp heat out of the jue yin (liver and blood) and kidneys.</p> <p>The patient should abstain from cheese, pork, ham, sausage, hot spices and alcohol.</p>	
Gallbladder Stone	409
Green Stone	25,80
<p>GREEN STONE is used for the treatment of gallbladder stones. This herbal remedy harmonises the wood and the earth, moves constraint Qi, dissolves hardenings and stones through clearing first the heat and dredges the damp and mucus heat through the elimination channels. This herbal remedy stimulates the digestion of animal proteins and fats and lowers the Qi of the yang ming. GREEN STONE should not be used in case of yang deficiency and damp cold accumulation in the Gallbladder. It is requested to start with a small dosage at the beginning of the treatment.</p> <p>GREEN STONE should be combined with PEACEFUL GENERAL in case of high cholesterol, LION'S HEART for the treatment of heart diseases and QUICK BELLY MOVEMENT to dissolve food stagnation and promote the bowel movement.</p> <p>The patient should avoid fried and greasy food, chocolate, alcohol, onion, hot spices and particularly garlic which is a poison for the gallbladder.</p>	

Gastritis

303

Open Space

25,80

OPEN SPACE is used for the treatment of gastritis. This herbal remedy harmonises the relation between the gallbladder and stomach. **OPEN SPACE** disperses Qi stagnation (fullness), clears heat and toxins (burning sensation), clears blood heat (bleeding), dissolves blood stasis and moves the blood (pain - ulcer), lowers rebellious stomach Qi (hiccup, eructation), controls the stomach acidity (acid eructation) without harming the Qi or the yang. This herbal remedy should not be used in case of stomach cold or damp cold.

This herbal remedy can be combined with **QUICK BELLY MOVEMENT** and **DIGEST TEA** to improve the digestion of carbohydrates, proteins and fat. **CONFIDENCE** if there is stomach ulcer, **TEMPLE OF PEACE** for the treatment of duodenum ulcer, **INTELLIGENT LODGE** to calm the YI and obsessive thinking, **HAPPY DAYS** to relax even more the Qi, **NO WORRY** to disperse the constraint Qi and calm the mind, **BURN OUT RELIEF** in case of stress and exhaustion of the yin; it also improves sleep.

It is very important during treatment to stop tobacco, coffee, black tea, acid fruits, vinegar, fruits juices, hot spices, red and white wine, strong alcohol, chilli, garlic, leek, chives, pepper and onions.

Memory - Study

275

Mindfulness

25,80

MINDFULNESS is an important herbal formula for students or teachers which can be used to boost one's memory, calms the Yi and improve the sleep. **MINDFULNESS** has a strong relaxing property and helps to keep one's balance and awareness during examination or lectures.

This herbal remedy relaxes the Qi, clears internal heat and irritability, calms the inner wind, nourishes the heart, opens the subtle channels of the heart, improves the memory and harmonise YI and SHEN. To promote Memory the sleep **MINDFULNESS** should be taken with **PEACEFUL NIGHTS** or even **DEEP SLEEP FORTE**. In case of Yin deficiency, empty heat and exhaustion **BURN OUT RELIEF**, **YIN ROOT** and **SAN BAO TEA** should be used at the same time. To calm the conceptual mind – YI - **INTELLIGENT LODGE** would be the right choice.

The patient should refrain from tobacco, drogues, coffee, black and green tea and caffeine pills.

Gout

1011

Dark Cristal

25,80

DARK CRISTAL is used for the treatment of gout. This strong herbal remedy eliminates liver, kidneys and blood damp heat toxins through diuresis.

This herbal remedy is antitoxic, anti-inflammatory and reduces pain but should not be prescribed in case of cold constitution, yang deficiency or damp cold in the yang ming.

The patient should take 3 x 4 until 6 tablets a day during at least 12 days. and should refrain from meat, seafood, fish, alcohol, hot spices and fatty cheese for at least 12 days, 3 weeks would be even better.

This herbal remedy don't need to be combined with any other one, as it is a complete and very potent medicine in itself but in some difficult cases you can add : **Cleansing Days Tablets and Tea** , **Heavenly Stream and also Five Herbs** to drain even more the toxins out of the body and rebalance the kidney function. **Clearing the Heat** can also be used in case of yin deficiency with empty heat.

Gingivitis Gel

966

Radiant Smile Gel

19,50

RADIANT SMILE should be used for the treatment of gingivitis, abscess and parodontosis. This gel should be applied consequently few times a day. Radiant Smile clears damp heat and toxins, clears blood heat, removes blood stasis, promotes the healing of wound in the mouth, reduces pain and has a refreshing nature. This gel can be combined with **Confidence** in case of gastritis and all other Yang Ming medicine which can reduce the heat and eliminate the damp heat and toxins.

The patient should refrain from smocking tobacco, coffee ,black tea, hot and spicy food, seafood, mutton and poultry, alcohol and stress.

Glaucoma - Open Angle

1013

Sunlight

25,80

OPENING THE GATE is used for the treatment of of open angle glaucoma. This herbal remedy nourish the essence and the blood but open the channels and blood vessels in the eyes. It promotes the circulation of qi and blood, dissolves blood stasis and mucus accumulation obstructing the free flow of eyes fluids, reduces the eye pressure, strengthens the spleen and eliminates mucus.

We have in this remedy a double affect one consisting of nourishing the essence and the blood and the other dispersing the accumulation and stagnation of internal liquids and phlegm the eyes.

The patient should take 3 x 4 until 9 tablets a day for at least few months. It is possible to combine western treatments together with this herbal remedy.

It is important that the patient refrains from all type of greasy and fatty food but specially all dairy produces, sugar, chocolate and fruits juices.

This herbal remedy can be combined with many other formulas like: **Bright Light** to nourish and clear the eyes, **Beautiful Eyes** to dispel wind and wind heat, **Yin Root** und **San Bao Tea** to nourish the essence and the blood, **Calm Heaven** in case of migraine, **Keeping Balance** in case of dizziness, **Back to the Earth** also in case of dizziness with low blood pressure.

Glomerulonephritis Acute

Fire Rooster

FIRE ROOSTER is used for the treatment of acute nephritis and acute glomerulonephritis. This food supplement cleanses kidneys and bladder damp heat toxins, blood heat and blood stasis, and also fire toxins. It stimulates diuresis, decongestants, relieves itching and calms the liver yang (hypertension).

Signs and Symptoms: Acute glomerulonephritis: puffiness of the face on waking up, urine that is brown or contains traces of blood, decreased urination, fluid in the lungs leading to coughing and shortness of breath, high blood pressure.

Chronic glomerulonephritis (Kidneys Yin and Qi deficiency with empty fire) develops over a long time, often without apparent symptoms. However, complete kidney failure can result. Individuals with glomerulonephritis might experience: blood or protein in the urine, high blood pressure, swollen ankles or face, because of water retention frequently urinating during the night, bubbles or foam in the urine, caused by excess protein.

TCM Mind-Mapping: Acute glomerulonephritis: WBL - infectious disease > fire toxins > kidney damp heat toxins > blood heat > blood stagnation > bleeding > Chronic glomerulonephritis > kidney yin deficiency > kidneys empty fire > blood heat > blood stasis and bleedings

Posology: In the acute phase at least 6 x 10 tablets should be taken 4 times a day. This preparation may be combined with allopathic treatment and is also allowed during pregnancy.

Dietetic: The patient should abstain from spicy food and hot spices, alcohol, coffee, lamb meat, chicken meat, poultry, seafood, vinegar, onion, garlic, chives, leek.

Combinations: Five Herbs (Nässe Hitze Toxine), Water Separation (Untere Erwärmer Feuchte Hitze), Five Dragons (Eiweiss in Urine), Hot Stream (Cystitis) , Clearing the Heat (Yin Mangel und Leere Hitze), Five Herbs (Nässe Hize und Toxine), Heavenly Streams (Nässe Hitze Toxine in Jue Yin)

Glomerulonephritis Acute

Black Rooster

BLACK ROOSTER is used for the treatment of chronic glomerulonephritis. This preparation nourishes the yin, clears empty heat and blood heat, prevents proteinuria, astringent the kidney Qi, clears hidden toxins and dissolves blood stagnation in the kidneys.

The patient should take 3 x 6 to 10 tablets a day. Therapeutic duration is always defined by the therapist. This preparation may be combined with antibiotics and also during pregnancy.

The patient should abstain from spicy food and spices, and above all alcohol, tobacco, coffee, meat, seafood, vinegar for at least 12 days.

Black Rooster can be combined with the following preparations: Five Herbs, Five Dragons, Clearing the Heat, Yin Root, San Bao Tea (Yin and Qi Deficiency), Waterway (oedema), Water Balance (urinary incontinence)

Infectious Sicknesses - Chronic

778

WBL Black Protection Screen

25,80

WBL BLACK PROTECTION PROTECTION is used for the late side effects of infectious diseases with a depletion of the Yin, empty heat, blood heat and internal wind. This herbal compound should be used for the long-term consequences of serious infectious diseases but never in the acute phase. WBL BLACK PROTECTION SCREEN is long term tonic and should be combined with formulas like YIN ROOT or SAN BAO TEA to nourish the yin, DEW DROPS in case of chronic bronchitis, GENTLE BREATH for the treatment of asthma, DRY TIGER SIRUP to promote the expectoration of phlegm and alleviates cough in the night and LUMINOUS SHIELD to enhance immunity. This preparation is not suitable for the acute condition or in case of yang deficiency with internal damp or phlegm cold.

The patient should still refrain from hot spices, animal protein, pepper, fresh and dry ginger, garlic, leeks, onions, tobacco, coffee and alcohol.

Infectious Sicknesses - Qi and Ying Layers

802

WBL Red Protection Screen

25,80

WBL RED PROTECTION SCREEN is used when the pathogenic influence has penetrated in the QI FEN, YING FEN and XUE FEN. This herbal remedy has a strong heat clearing property (high fever, thirst, sweating and flooding pulse), clears blood heat (restlessness - bleeding) and toxins (inflammation) and calms internal wind (meningitis, encephalitis, convulsions).

WBL RED PROTECTION SCREEN can easily be combined with COOLING DEW SUPP. to reduce fever or WBL PURPLE PROTECTION SCREEN if the blood layer symptoms are more important.

This powerful medicine can also be combined with all the other Wen Bing Lun (WBL) preparations except WBL BLACK PROTECTION SCREEN and any yin tonics.

The patient should refrain from hot spices, chicken meat and broth, alcohol, tobacco, fruit juices and dairy products. This herbal remedy should not be used together with vitamin c, fruit juices, tropical fruits or even coffee; this would neutralise its effects. Alcohol, hot spices, seafood, lamb and chicken are strictly prohibited in case of blood heat.

All those Wen Bing Lun herbal remedies are very important and should always be studied carefully before being used. Those compounds should never be used to treat Wind Cold and Damp syndromes.

Infectious Sicknesses - Acute

266

WBL Green Protection Screen

25,80

WBL GREEN PROTECTION SCREEN is used for the treatment of epidemic diseases. This extraordinary herbal remedy has a fast effect but should be used right at the onset of the disease and in high dosage. It dispels wind heat dryness and toxins from the superficial and deep layers, reduces fever, eliminates fire toxins, clears the throat, lowers the lungs Qi and protects against pneumonia. The efficiency of this formula depends from the dosage, therefore it is recommended in the acute stage to take at least 3 x 10 tablets a day to prevent the pathogen influence to penetrate in the deep layers and attack the lungs. WBL GREEN PROTECTION SCREEN can be used together with THROAT COOLING DEW in case of throat infection, COOLING DEW SUPP. to reduce fever without damaging the Qi, WIND TIGER SIRUP to alleviate cough and promotes the expectoration of phlegm and all the other WBL prescriptions. This herbal formula should not be used for the treatment of Wind Damp and Cold or in case of yang deficiency with internal phlegm and damp cold.

The Wen Bing Lun prescriptions should never be used to treat Wind Cold and Damp syndromes.

This herbal remedy should not be used together with vitamin c tablets, fruit juices, dairy products or even coffee as this would neutralise its effects.

Infectious Sicknesses - Acute - Inhalation

827

WBL Green Protection Steam - 45g

18,00

WBL GREEN PROTECTION STEAM is used as an inhalation for the treatment of lung infections with coughing fits and sticky phlegm. This herbal remedy lowers the lung Qi, relieves cough, dispels wind heat and helps the expectoration of phlegm heat. **WBL GREEN PROTECTION STEAM** should be inhaled at least 3 times a day but combined together with **WBL GREEN PROTECTION SCREEN** and **WIND TIGER SIRUP** to relieve cough even more efficiently and **COOLING DEW SUPP.** to reduce fever without damaging the Qi.

All those Wen Bing Lun herbal remedies are very important and should always be studied carefully before being used. Those compounds should never be used to treat Wind Cold and Damp syndromes.

This herbal remedy should not be used together with vitamin c, fruit juices, tropical fruits oranges, dairy products, hot spices or even coffee as this would neutralise its effects.

Infectious Sicknesses - Blood Layer

777

WBL Purple Protection Screen

25,80

WBL PURPLE PROTECTION SCREEN is used for the long-term consequences of infectious illnesses and is particularly suitable if the pathogen influences have penetrated in the blood layer (Xue Fen). This strong herbal remedy protects the yin, clears kidneys empty heat, clears blood heat, stops bleeding, reduces fever and calms internal wind.

This powerful product can be combined with all other Wen Bing Lun compound, except **WBL BLACK PROTECTION SCREEN** and should not be associated with any yin tonics as long as the pathogens has not been completely eliminated.

All those Wen Bing Lun herbal remedies are very important and should always be studied carefully before being used. Those compounds should never be used to treat Wind Cold and Damp and Yang deficiency syndromes.

This herbal remedy should not be used together with animal proteins, vitamin c, fruit juices, dairy products or even coffee as this would neutralise its effects. **WBL Purple Protection Screen**

Hair Fall - Tablets

289

Black Crown

25,80

BLACK CROWN is used for the treatment of hair loss, alopecia errata and the long-term consequences of chemotherapy. This herbal formula nourishes the kidney essence (Jing) and the blood, dispels head wind and calm the mind. The treatment should be at least of 120 days, together with **DAKINI HAIR WATER**. **BLACK CROWN** can be combined with **IRON DROPS** in case of blood deficiency, **YIN** and **YANG ROOT**, **SAN BAO TEA** and **RINCHEN TEA** to boost the essence and consolidate the kidney Qi. Because of the close relation between the scalp and the large intestine, it is always important to care for the digestion and use **QUICK BELLY MOVEMENT**.

The patient should avoid microwave and deep frozen food, junk food, stress, coffee, black tea, tobacco, hot spices and dairy products. **Hair Fall**

Hair Fall - Water

402

Dakini's Hair Water - 100ml

18,50

DAKINI'S HAIR WATER should be applied externally in combination with **BLACK CROWN** to promote hair growth. This hair tonic stimulates locally the blood circulation, removes damp heat, nourishes and strengthens the hairs, eliminate wind draft and calm the mind. **DAKINI'S HAIR WATER** should be used over on long period of time between 4 to 9 months, several times a day always together with **BLACK CROWN** which is the specific internal medicine for the treatment of hair loss. This external **Hair Fall Water** herbal remedy should be combined with **Yin Root**, **San Bao Tea**, **Yang Root** and **RINCHEN TEA** to nourish the kidney yin and liver blood. **DAKINI'S HAIR WATER** is very helpful in treating alopecia errata and also to counteract externally the side effect of chemotherapy (together with yin tonics). This herbal remedy can be used daily to strengthens and enhance the beauty of the hairs. This is a treatment of choice in case of thin and broken hairs tip.

The patient should pay attention to their diet, take more **JING**-building food and avoid fried food, junk food, hot spices, tobacco, coffee, alcohol, onion, garlic and stress.

Angina - Tonsillitis Acute - Tablets

322

Throat Cooling Dew

25,80

THROAT COOLING DEW TABLETS is used for the treatment of sore throat, purulent angina and tonsillitis. **Tonsillitis** is an inflammation of the tonsils most commonly caused by a viral or bacterial infection whose symptoms include sore throat and fever. This strong herbal remedy dispels wind heat, clears the lungs, clears the throat, eliminates fire toxins and relieves pain. **THROAT COOLING DEW** should be taken in high dosage to prevent the toxins to move into the Lungs. This preparation should be combined with **GREEN PROTECTION SCREEN** in order to enhance its property and dispels even strongly the pathogenic influences. **THROAT COOLING DEW** should not be used to treat wind damp cold or the yin deficiency sore throat.

The patient should avoid chicken bAngina - Tonsillitis Acuteroth, hot spices, alcohol and meat.

Angina - Tonsillitis Acute - Spray

1017

Throat Cooling Dew Spray

14,00

THROAT COOLING DEW SPRAY is used for the treatment of sore throat, purulent angina and tonsillitis. **Tonsillitis** is an inflammation of the tonsils most commonly caused by a viral or bacterial infection whose symptoms include sore throat and fever. This strong herbal remedy dispels wind heat, clears the lungs, clears the throat, eliminates fire toxins and relieves pain. **THROAT COOLING SPRAY** should be taken in high dosage to prevent the toxins to move into the Lungs. This preparation should be combined with **GREEN PROTECTION SCREEN** and **THROAT COOLING DEW TABLETS** in order to enhance its property and dispels even strongly the pathogenic influences. **THROAT COOLING SPRAY** should not be used to treat wind damp cold or the yin deficiency and empty heat sore throat.

The patient should avoid chicken broth, hot spices, alcohol and meat.

Haemorrhoids Balm

804

Cool Relief Balm - 30g

18,50

COOL RELIEF BALM is applied externally for the treatment of haemorrhoids. This ointment has a heat clearing and cooling properties, it improves locally the blood circulation, relieves pain and alleviates anal itching. **COOL RELIEF BALM** can be used in the acute and also chronicle stages of the disease and should be combined with **COOL RELIEF SUPP.** and **COOL RELIEF TABLETS**. The patient should refrain from emotional stress, hot spices, alcohol, pepper, chilli, ginger and fried food.

Haemorrhoids Suppository	285
Cool Relief Supp. 20st	26,50
<p>COOL RELIEF SUPP. is applied for the treatment of haemorrhoids. These suppositories are used in the evening time, before going to bed. COOL RELIEF SUPP. transforms damp heat, eliminates toxins, clears blood heat, dissolves locally blood stasis, alleviates pain, anal itching and stop bleeding. COOL RELIEF SUPP. should be applied in the acute and painful phase together with COOL RELIEF BALM and COOL RELIEF TABLETS. The patient should refrain from emotional stress, hot spices, alcohol, pepper, chilli, ginger and fried food.</p>	
Haemorrhoids Tablets	803
Cool Relief Tablets	25,80
<p>COOL RELIEF TABLETS is used for the treatment of painful, bleeding haemorrhoids and even anal fistulas. This preparation can only used for the damp heat type of haemorrhoids. COOL RELIEF TABLETS smoothes the flow of Qi between the liver, gallbladder and the large intestine, improves the downward movement of the shao yang and yang ming Qi, promotes the digestion of food, eliminates large intestine damp heat and toxins, clears blood heat, dissolves blood stasis, reduces pains and stops bleedings. This product should be used in combination with COOL RELIEF BALM and COOL RELIEF SUPP. This herbal remedy should not used in case of anal prolapse or yang deficiency with yang ming (stomach and large intestine) damp and cold.</p>	
Urinary Incontinence	267
Water Balance	25,80
<p>WATER BALANCE is used for the treatment of urinary incontinence. This herbal remedy warms the kidneys yang, strengthens the postnatal source of the Jing, consolidates the kidney and belt meridian Qi, transforms and eliminates internal dampness, harmonizes the relation between the heart and kidneys and strengthens ZHI (Spirit). WATER BALANCE can be combined together with YANG ROOT and RINCHEN TEA to nourish the essence with warm herbs. We should not forget that urinary incontinence or bedwetting with children may result from psychosomatic disorder and for that particular reason one should use FEARLESSNESS to consolidate the Qi and harmonise the heart and the kidneys, WILL´S CHAMBER to strengthens the Zhi and give more courage. The patient should refrain from coffee, black and green tea, cucumber, cold water, fruit juices, sugar, dairy products, cold and raw food.</p>	
Hashimoto - Thyreoiditis	990
Melody of Joy	25,80
<p>MELODY OF JOY is used for the treatment of Acute Hashimoto-Thyreoiditis. This herbal formula moves the liver and gallbladder qi, drains the yang ming, dissolves tan and phlegm, promotes the circulation of blood, calm the shen and internal wind. The patient should take at least 3 x 4 until 6 tablets a day for a period of time extending between 30 days until 120 days. Herbs and acupuncture are not enough and the patient should go through a psychotherapy in order to enhance the effect of the treatment. We should not forget that there is a close link between the throat, the relationship and sexuality. The should definitely stop coffee, black and green tea as caffeine is affecting the thyroid gland. Fried and greasy food, cheese and sugar should be avoided too in order to get rid of phlegm stagnation in the throat area. This herbal remedy can be combined with Five Flowers to improve the circulation of qi and blood, Relaxing Days to improve the circulation of the liver and gallbladder qi and calm the shen, Happy Days in case of slight depression, Finding Balance for a maniac behaviour, Bright Future for depression - Dian, Intelligent Lodge to calm the conceptual mind and Peaceful Night to improve the sleep.</p>	

Hepatitis A

774

White Dragon

25,80

WHITE DRAGON is indicated for the treatment of Hepatitis A, especially when dampness predominates. This important remedy dredges the liver and gallbladder, protects the liver cells, eliminates the toxins, strengthens the spleen, stimulates the digestion of carbohydrates and sugar, prevents food stagnation, transforms internal dampness and promotes the circulation of Qi and blood. It is important to make a correct diagnosis and find out if dampness or heat prevails for the treatment of hepatitis.

The patient should avoid for the next 120 days sugar, cream, dairy products, fat, junk food, deep-frozen and microwave food.

Hepatitis B

350

Yellow Dragon

25,80

YELLOW DRAGON is used for the treatment of Hepatitis B. The acute infection with hepatitis B virus is associated with acute viral hepatitis – an illness that begins with general ill-health, loss of appetite, nausea, vomiting, body aches, mild fever, and dark urine, and then progresses to development of jaundice. It has been noted that itchy skin has been an indication as a possible symptom of all hepatitis virus types. The illness lasts for a few weeks and then gradually improves in most affected people.

This herbal formula dredges the liver and blood layer, eliminates damp heat and toxins, clears blood heat, disperse blood stasis, protect the liver cells promotes the digestion of carbohydrates, animal proteins, and even fat. This herbal formula should be used when the heat prevails and can be combined with CLEANSING DAYS TABLETS and TEA in spring and QUICK BELLY MOVEMENT or DIGEST TEA to improve the digestion of carbohydrates, proteins and fat and dredge the yang ming and WHITE DRAGON when the dampness prevails. This formula should not be used in case of Yang deficiency with internal damp cold.

The patient should refrain from fried and greasy food, garlic, onion, leek, chives, hot spices, alcohol, aspartame, pork, sausage, ham, beans, vinegar and acid fruits.

Hepatitis C

773

Red Dragon

25,80

RED DRAGON is recommended for the treatment of hepatitis C. It is an infectious disease affecting primarily the liver, caused by the hepatitis C virus (HCV). The infection is often asymptomatic, but chronic infection can lead to scarring of the liver and ultimately to cirrhosis, which is generally apparent after many years. In some cases, those with cirrhosis will go on to develop liver failure, liver cancer or life-threatening oesophageal and gastric varices.

This formula protects the yin, clears empty heat, eliminates hidden damp heat and toxins, clears blood heat, resolves constraint Qi, prevents blood stasis, softens hardenings, and regenerates the liver cells. This formula should be taken continuously in order to get a proper result. It is also important to do a 12 days CLEANSING DAYS and TEA CURE in spring and nourish the yin with YIN ROOT or SAN BAO TEA. This formula should not be used in case of acute hepatitis either A or B and yang deficiency with dampness and phlegm cold in the kidneys and liver.

The patient should have a very strict diet and refrain from drugs, coffee, tobacco, junk food, deep frozen and microwaves food, hot spices, alcohol, fried foods and seafood.

Herpes Genital - Tablets

805

Refreshing the Valley Tablets

25,80

REFRESHING THE VALLEY TABLETS is indicated for the treatment of genital herpes (herpes genitalis = virus = damp heat toxins). This herbal formula penetrates in the liver and blood layer, eliminates damp heat toxins, clears blood heat, dissolves blood stasis, reduces pain and itching. The patient should refrain from hot spices, alcohol, pepper, chilli, garlic, onion, leek, lamb and seafood. **REFRESHING THE VALLEY TABLETS** should be combined with a 12 days **CLEANSING DAYS TABLETS** and **TEA** cure during the spring season and **HOT STREAM** in case of bladder infection, this treatment will enhance the elimination of Damp Heat Toxin and clean the liver. **REFRESHING THE VALLEY BALM** should be applied externally in order to clear the heat, calm the burning pain and itching sensation. This herbal remedy should not be used in case of kidney yang deficiency. The proper treatment of genital herpes is only possible if the patient refrains from alcohols, sweet and hot spices for a long period of time.

Herpes Genital - Balm

806

Refreshing the Valley Balm - 30g

18,50

REFRESHING THE VALLEY BALM is indicated for external treatment of genital herpes. This ointment clears damp heat, fire toxins, relieves pain and itching and should be combined with **REFRESHING THE VALLEY TABLETS** for the internal treatment of herpes, **HOT STREAM** in case of bladder infection or **CLEANSING DAYS TABLETS** and **TEA** to dredge the liver channel and blood layer in spring. The proper treatment of genital herpes is only possible if the patient refrains from alcohols and hot spices for a long period of time.

Herpes Simplex Tablets

353

Cooling Lips Tablets

25,80

COOLING LIPS TABLETS should be applied for the treatment of **Herpes Simplex**. The lips are not only the outward manifestation of the spleen and stomach (earth) but also a reflection of the liver (upper lip), the colon (lowerCooling Lips Tablets lip) and the small intestine (corner of the lips). This preparation eliminate damp heat and toxins from the yang ming, the blood layer and calms the mind (shen). This drug should be used with **COOLING LIPS BALM** which has externally the same properties. To clean the liver and the blood layer is a key strategy for the treatment of viruses (hidden damp heat toxins in the xue fen). **CLEANSING DAYS TABLETS** and **TEA** would be an excellent choice for the spring time. **HAPPY DAYS** in the morning harmonise the circulation of Qi and calm the mind, **INTELLIGENT LODGE** calms the conceptual mind and the consequences of over thinking and **PEACEFUL NIGHTS** provides a deep sleep without any emotional tensions. Those herbal remedies help to recover quickly from these unpleasant ailments.

The patient should refrain from fried food, chocolate, sugar, cheese, pepper, garlic, onion, hot spices, coffee, tobacco, alcohol and especially sweet alcohol (cocktails) and stress.

Herpes Simplex - Balm

352

Cooling Lips Balm - 5g

16,50

COOLING LIPS BALM Herpes Simplex is externally used for the treatment of **Herpes Simplex**. This ointment eliminates local damp heat, clear fire toxins, reduces pain and has a cooling property. **COOLING LIPS BALM** should be taken with **COOLING LIPS TABLETS** at the same time in order to enhance its healing properties. This herbal balm can be applied many times a day. To clean the liver and the blood layer is a key strategy for the treatment of viruses (damp heat toxins in the xue fen). To clean the liver and the blood layer is a key strategy for the treatment of viruses (hidden damp heat toxins in the xue fen). **CLEANSING DAYS TABLETS** and **TEA** would be an excellent choice for the spring time. **HAPPY DAYS** in the morning harmonise the circulation of Qi and calm the mind, **INTELLIGENT LODGE** calms the conceptual mind and the consequences of over thinking and **PEACEFUL NIGHTS** provides a deep sleep without any emotional tensions. Those herbal remedies help to recover quickly from these unpleasant ailments.

The patient should refrain from fried food, chocolate, sugar, cheese, pepper, garlic, onion, hot spices, coffee, tobacco, alcohol and especially sweet alcohol (cocktails) and stress.

Herpes Zoster - Heat

783

Taming the Bull

25,80

TAMING THE BULL is used for treatment **Herpes zoster** (or simply **zoster**), commonly known as **shingles** and also known as **zona**. It is a viral disease (varicella zoster virus) characterized by a painful skin rash with blisters in a limited area on one side of the body, often in a stripe. This cold herbal remedy should be used if fire toxins prevail, the skin rash will be red even dark red, hot, with blisters, painful and the patient will be irritable and thirsty. This cold compound penetrates into the blood layer (Xue Fen) and the Ying Fen, eliminates phlegm/damp heat and hidden fire toxins from chickenpox which have not been cleared out properly, clears blood heat, dissolves blood stasis, calms wind, protects the nervous system, the brain and relieves pain. To avoid neurological pain and also resistant fire toxins, **TAMING THE BULL** should be taken in high dosages in the acute phase. Herpes zoster is mostly the consequence of chickenpox toxins which have not been cleared out completely.

A 12-days cure with **CLEANSING DAYS** helps to eliminate the hidden toxins efficiently. The patient should abstain from fried and greasy food, alcohol, hot spices, seafood, fish, poultry, lamb, garlic, onions, leeks, chives, chilli, mustard and vinegar.

Herpes Zoster - Damp

782

Taming the Snake

25,80

TAMING THE SNAKE is recommended for the treatment of **Herpes zoster** (or simply **zoster**), commonly known as **shingles** and also known as **zona**, when moisture prevails (vesicles), with soft stool, slight yellowish complexion and general tiredness. This formula strengthens the spleen, transforms dampness, disperses Qi stagnation in the middle burner, improves the appetite, clears hidden fire toxins in the Xue Fen and Ying Fen and relieves pain. The focus of this formula is primarily to tonify the spleen, transform the dampness and phlegm and promote the digestion of food. The Phlegm and Dampness is encapsulating the dangerous fire toxins in the blood layer and Ying Fen. Emotional shock and stress will through a contraction of Qi activate the hidden fire toxins and bring it up to the skin layer (Wei Fen).

The patient should give up sugar, honey, soy products, dairy products, fruits, salad and reduce the quantity of carbohydrate.

Heart Insufficiency

Powerful King

POWERFUL KING is used for the treatment of global heart insufficiency (right and left). This herbal medicine can be combined together with western treatment. Powerful King tonifies the Yuan Yang (Original Yang), the Yang, and Qi of the heart, promote the circulation of Qi in the chest, improves the blood circulation and protects against liquids stagnation in the lungs, it has a downbearing effect of the Heart qi and promotes the relationship between the heart, lungs and the kidneys. This herbal formula protects the blood vessels and calms the mind. This is a medicine of choice to be taken during an extended period of time.

It is recommended to take 3 x 6 to 10 tablets a day for an extended period of time, This remedy is not allowed during pregnancy.

The patient should refrain from deep frozen and microwave food, cold food and drinks but especially no yoghurt, glycine soja - soja products, green salad, tomato cucumber, coffee, green, black tea and acid fruits.

Powerful King can be combined with Yang Root, Warming the Root, Rinchen Tea and Secret Power to strengthen the Yang, Breaking Through to promote blood circulation in the upper warmers, especially heart, brain and lungs (Thrombosis) , Water Way to stimulate the diuresis , Life Elixir to tonify the yuan yang, Sea of Qi lifts energy up to the vertex, Life Energy to harmonise the spleen and stomach, and Quick Belly Movement to prevent the food stagnation and retrospectively to protect the heart.

Hay Fever

276

Great Dragon Breath

25,80

GREAT DRAGON BREATH is used for treatment of allergic rhinitis and hay fever. The characteristic symptoms of allergic rhinitis are: rhinorrhea (excess nasal secretion), itching, and nasal congestion and obstruction. Characteristic physical findings include conjunctival swelling and erythema, eyelid swelling, lower eyelid venous stasis, swollen nasal turbinates, and middle ear effusion.

This herbal remedy has a strong anti-allergic property, it dispels wind, opens the Luo vessels, clears nose and eyes, relieves skin itching, calms sneezing, lowers the lunge Qi, enhances the breath and strengthens the immune system (Wei Qi). High dosage is requested to eliminate the wind draft completely from the Luo and main channels. It is important to continue the treatment for few days even if there are no obvious symptoms and strengthen afterwards the Wei Qi with either **SMALL DRAGON BREATH** to treat chronic hay fever or **LUMINOUS SHIELD** in case of immunodeficiency. **GREAT DRAGON BREATH** is contraindicated in case of wind damp and cold with white nasal discharge and phlegm.

The patient should abstain from coffee, black and green tea, dairy products and sugar. The dispelling property of this formula can be enhanced in combination with peppermint tea.

Hay fever - Chronic

277

Small Dragon ´s Breath

25,80

SMALL DRAGONS BREATH is used for the treatment of chronic hay fever, dust, pollen and animal hairs allergy and should be taken preventively up to 30 days before the hay fever season. This herbal remedy strengthens the lungs and spleen Qi, stimulates the immune system, transformes inner moisture, dispels wind, opens the Luo vessels and opens the senses.

SMALL DRAGONS BREATH is very important for children, aged or weak patient and should be taken preventively in combination with **LUMINOUS SHIELD** (Wei Qi) to enhance the immune system, **LIFE ENERGY** to stimulate the spleen function and transform the internal dampness, **SEA OF QI** in case of Qi exhaustion and prolapse, **YANG ROOT** and **RINCHEN TEA** to warm the kidney yang and nourish the essence.

Both hay fever drugs can easily be combined with each other: **GREAT DRAGON BREATH** for the acute stage and **SMALL DRAGON BREATH** for the time before and after the onset to prevent relapse. This herbal remedy should not be used in case of infectious sicknesses with high fever.

The patient should refrain from deep frozen and microwave food, junk food, coffee, green and black tea, yogurt, milk, acid fruits, fruit juices, cold and raw food, lettuce, tomato, cucumber, eggplant, potato and spinach.

Brain Stroke - Side Effects

390

Recovering Strength

25,80

RECOVERING STRENGTH is used to treat the side effects of brain stroke (Zhong Feng) due to ischemia (lack of blood flow) caused by blockage (thrombosis, arterial embolism) As a result, the affected area of the brain cannot function, which might result in an inability to move one or more limbs on one side of the body, inability to understand or formulate speech, or an inability to see one side of the visual field with paralysis and speech disorder.

This herbal remedy dredges phlegm (Tan) and blood stasis from the LUO and main vessels, opens the subtle channels of the heart, clears the mind and strengthens the limbs.

RECOVERING STRENGTH can be combined with **PEACEFUL GENERAL** in case of high cholesterol and hyper viscosity of the blood, **RECOVERING SYMMETRY** in case of facial paralysis, **QUICK BELLY MOVEMENT**, **DIGEST TEA** to improve the digestion and protect the brain and **BREAKING THROUGH** to improve the blood circulation.

It is also recommended to use externally **FREE FLOW OIL**, **GEL** and **SPRAY** to open the Luo and blood vessels and improve the circulation of Qi and Blood. To prevent relapse, the patient should remain up to 7 years in treatment and get regular acupuncture treatment.

The patient should refrain from tobacco, greasy and fried food, pork, ham, garlic, onion, leek, chives, hot spices and alcohol. Brain Stroke

Phlegm Heat - Lungs - Acute

877

Snow Lion Balm - 50g

18,50

Snow Lion Ointment is a mentholated topical cream , it should only be used on the chest & throat for cough suppression due to wind heat or on muscles & joints for minor aches and pains. It is applied often immediately before sleeping. **Snow Lion Ointment** free and moves the lunge Qi downwards, opens the chest , free the sinuses and calms the mind. This ointment should be used together with **Wind Tiger Sirup** in case of dry and painful cough, **WBL Green Protection Screen Tablets** to eliminate the pathogenic influences and also **WBL Green protection Steam** to moistens the lungs and promote the expectoration of sticky phlegm . The combination of the tablets, sirup and the ointment makes the treatment of infectious diseases more efficient.

Cervical Vertebral Syndroms - CVS

810

Heaven's Pillar

25,80

HEAVEN'S PILLAR is used for the treatment of cervical vertebra syndromes (CVS) and whiplash syndrome. This herbal remedy eliminates wind damp from the Luo channels, dissolves blood stasis, promotes the circulation of blood and Qi, relieves pain, and calms the mind. **HEAVEN'S PILLAR** should be used in combination with **FREE FLOW SPRAY, OIL, GEL** and **TABLETS**.

The patient should refrain from cold foods, raw vegetables, cucumbers, tomatoes, fruits, coffee, potatoes, and black tea.

High Blood Pressure

323

Calm Relief

25,80

CALM RELIEF is used for the treatment of hypertension. This herbal remedy has an harmonising property on liver and gallbladder, strengthens the liver yin, lowers the liver yang and wind, controls the counter flow of Hypertension shao yang and yang ming Qi, prevents food stagnation and phlegm, clears blood heat, and blood stasis and protect the yin without causing any stagnation. **CALM RELIEF** should be combined with **PEACEFUL GENERAL** if the diastolic number is too high (this could be a sign of either Tan or Blood stasis), **YIN ROOT** and **SAN BAO TEA** in the late afternoon to nourish the yin and control the liver yang, **BURN OUT RELIEF** in case of stress, **NO WORRY** to relax the Qi and promote the sleep, **HAPPY DAYS** in case of constraint liver Qi and slight depression, **INTELLIGENT LODGE** to calm the conceptual mind, **BRIGHT LIGHT** to equilibrate the Qiao Mai and **PEACEFUL NIGHTS** to improve the sleep and calm the Gui.

This herbal remedy should be taken in the morning, before breakfast and also in the late afternoon and evening time.

The patient should refrain from fried and greasy foods, alcohol, pork, sausage, ham, garlic and hot spices over a period of 4 to 12 months.

Qi Collapse

286

Sea of Qi

25,80

SEA OF QI is used for treatment of excessive Qi deficiency with organ prolapse, low blood pressure (circulatory collapse), bleeding, chronic headache and tinnitus. This herbal formula raises and tonifies the Qi, nourishes the brain, promotes the blood circulation in the head area, secures the blood and stimulates the senses function. **SEA OF QI (Ren Mai 6)** can be combined with **LIFE ENERGY** to strengthen the spleen, **IRON DROPS** to nourish the blood, **YANG ROOT** and **RINCHEN TEA** to stimulate the kidney yang and nourish the essence with warm herbs. This herbal remedy should not be used in case of high blood pressure or uprising of the liver yang. **SEA OF QI** is an excellent remedy for cold constitution with low blood pressure.

The patient should refrain from deep frozen and microwave food, raw and cold vegetables, tropical fruits, oranges, pears, yogurt, all soya products, dairy products, cucumber, tomatoes, lettuce, sugar and coffee.

Immune Deficiency Tablets

268

Luminous Shield Tablets

25,80

LUMINOUS SHIELD TABLET is used for the treatment immune deficiency, with Po minus (Reduced life instinct and reactions) and accident-prone. This herbal remedy tonifies the WEI QI (immune system) from the basis, it warms the kidney yang (original yang) strengthens spleen and lung Qi and promotes the circulation of the Wei Yang through the three external Yang TMM layers. **LUMINOUS SHIELD TABLET** is one of the most important drugs in paediatric and should be used regularly in order to boost the immune system of the child. This herbal formula can be combined with **LIFE ENERGY** to reinforce the spleen function, **SEA OF QI** to lift the Qi up to the head, **YANG ROOT** and **RINCHEN TEA** to warm the original YANG and nourish the JING. **QUICK BELLY MOVEMENT** and **DIGEST TEA** are both very important for improving the immune system through the Yang Ming. This herbal formula should not be used in case of Hypertension or during infectious sicknesses. **LUMINOUS SHIELD** is good before or after but never during the onset of a Wen Bing Lun or even Shan Han Lun disease. The syrup like the tablets should be given either before or after an infectious sicknesses, better never during.

The patient should strictly refrain from deep frozen food, microwave food, raw food, green salad, dairy products (especially yogurt), sugar, junk food, fruit juices, tropical fruits, orange, pear, apple, vitamin c tablets and cold drink.

Immune Deficiency Syrup

401

Luminous Shield Sirup - 100ml

22,50

LUMINOUS SHIELD SYRUP is indicated for the treatment of immune deficiency in children. This syrup tonifies the kidney yang, spleen and lungs Qi, nourishes the Jing, the blood and calms the mind. **LUMINOUS SHIELD SYRUP** can be given pure or diluted with hot water. This herbal remedy can be combined with **LUMINOUS SHIELD TABLET** to enhance its effect or **LIFE ENERGY** to strengthen the spleen function, **SEA OF QI** to lift the Qi up to the head and **YANG ROOT** and **RINCHEN TEA** to stimulate the origin of the Wei Yang which is the Gate of Life. If the tongue is enlarged, 1 tablet of **QUICK BELLY MOVEMENT** with the syrup should be given.

This herbal remedy should not be used in case of infectious sicknesses (Wen Bing Lun), damp heat in the large intestine, otitis media, tonsillitis or when the tongue coating is too thick, yellowish and greasy. The syrup like the tablets should be given either before or after an infectious sicknesses, better never during.

The child should strictly refrain from deep frozen food, microwave food, raw food, green salad, dairy products (especially yogurt), sugar, junk food, fruit juices, tropical fruits, orange, pear, apple, vitamin c tablets and cold drink.

Vaccination - Side Effects

357

Health Care

25,80

HEALTHCARE is a preventive remedy against the possible side effects of vaccinations. This formula penetrates in the deepest layers of the body and protects one's health. **HEALTHCARE** removes damp heat toxins and fire toxins from the Ying Fen and Blood Layer (Xue Fen) and the liver, protects the yin, the brain, clears the subtle channels of the heart, the skin and subdues Feng Tan. Thus, this herbal remedy protects the central nervous system and the skin layer of unpleasant side effects. This herbal remedy should not be used in case of Yang deficiency and internal damp cold.

HEALTH CARE should be taken preventively, a week before to 12 days after vaccination. During this period, the child (or the mother) should not eat any animal proteins and especially no protein-waste such as sausage, ham and seafood, garlic, onion and hot spices. In case of a noticeable side effect of the vaccination, high dosage of **HEALTHCARE**, even decoctions should be taken immediately.

Impotence - Frigidity

321

Secret Power

25,80

SECRET POWER is used for the treatment of frigidity, impotence and infertility. This powerful herbal remedy warms the kidney yang, stimulates the gate of life, nourishes the Jing, consolidates the kidney Qi, protects against involuntary ejaculation reflect (spermatorrhea), involuntary leakage of urine, promotes the downward movement of the blood in the sexual organ, moves the blood, harmonizes communication between heart (SHEN) and kidneys (ZHI) and fills the Chong and Ren Mai. This herbal remedy can be combined with YANG ROOT, RINCHEN TEA to enhance the stimulation of the life gate (Ming Men – Du Mai 4), IRON DROPS to nourish the blood, HAPPY DAYS in case of emotioImpotence nal tension and Qi stagnation NO WORRY to calm the mind and relax the Qi and POWER SOUP for the Yang Qi prepared with lamb meat. SECRET POWER stimulates the kidneys yang without injuring the yin, promotes fertility and the production of spermatozoon. SECRET POWER should not be used in case of infectious illnesses, yin deficiency with empty heat and blood heat.

The patient should refrain from tobacco, drugs, beer, alcohol, cold food, raw vegetables, lettuce, cucumber, tomatoes, eggplant, fruit, coffee, green and black tea and all soy products.

Insomnia Acute

271

Peaceful Nights Tablets

25,80

PEACEFUL NIGHTS TABLETS is used for the treatment of insomnia, poor sleep, waking up few times during the nights and excessive dreams. This powerful remedy should be taken in the late evening, just before going to bed. It relaxes and lowers the Qi, clears and opens the eight subtle channels of the heart, harmonises the Qiao Mai, clears heart fire, nourishes the blood and calms liver and heart wind. This formula can be combined with SPIRITUAL SOUL DOOR in case of too many dreams (Yang Gui), ANIMAL SOULD GATE if the dreams transforms into nightmares (Yin Gui), INTELLIGENT LODGE to calm the Yi and obsessive thinking, DEEP SLEEP FORTE in case of yin deficiency with empty heat. This preparation can also be supplemented with YIN ROOT and SAN BAO TEA to nourish the Yin. The sleep can also be improved with the tinnitus and eyes prescriptions like EVENING BELLS and BRIGHT LIGHT.

The patient should refrain from stress, coffee, green and black tea. Children should refrain for a while from too much reading, watching TV, computer games and be the daily witness of struggles in the family.

Insomnia Chronic

797

Deep Sleep Forte Tablets

25,80

DEEP SLEEP FORTE is used for insomnia due to yin deficiency and empty heat. This herbal formula works differently than PEACEFUL NIGHTS and was originally created for cancer patients with a depleted yin. This herbal remedy nourishes the yin, clears vacuity heat and blood heat, dissolves blood stasis, calms liver and heart wind, equilibrates the Qiao Mai, promotes the internal circulation of the Wei Qi during the sleep, clears the eight subtle channels of the heart, soothes and harmonizes SHEN HUN and PO. This herbal formula can be taken several times a day and is very suitable in combination with yin tonics formulas such as SAN BAO TEA and YIN ROOT to nourish the kidney essence and consolidate the Qi IRON DROPS to nourish the blood intensively and DEW DROPS to nourish the Kidney yin through the lungs. Filling up the Yin takes time!

The best time to take DEEP SLEEP FORTE is before going to bed, 3 to 10 tablets should after few days of treatment provides a better sleep.

The patient should refrain from coffee, black tea, green tea, hot spices, lamb, seafood, poultry, vinegar and alcohol. Deep Sleep Forte Tablets

Insomnia Chronic - Herbal Tea

1020

Good Dreams Tea

27,00

GOOD DREAMS is used for insomnia due to qi stagnation, blood, yin deficiency and slight empty heat. This herbal formula works enhance the effects of **PEACEFUL NIGHTS TABLETS** and **DEEP SLEEP FORTE TABLETS**.

This herbal tea nourishes the yin, clears vacuity heat and blood heat, calms liver and heart wind, equilibrates the Qiao Mai, promotes the internal circulation of the Wei Qi during the sleep, clears the eight subtle channels of the heart, soothes and harmonizes SHEN, HUN and PO. This herbal tea is very suitable in combination with yin tonics formulas such as **SAN BAO TEA** and **YIN ROOT** to nourish the kidney essence and consolidate the Qi **IRON DROPS** to nourish the blood intensively and **DEW DROPS** to nourish the Kidney yin through the lungs. Filling up the Yin takes time!

The best time to take **GOOD DREAMS** is before going to bed, 1 or 2 cups should after few days of treatment provides a better sleep. This herbal tea is allowed during pregnancy.

The patient should refrain from coffee, black tea, green tea, hot spices, lamb, seafood, poultry, vinegar and alcohol.

Insomnia Acute

400

Peaceful Nights Sirup - 150ml

24,00

PEACEFUL NIGHTS SYRUP is used for the treatment of sleeplessness and nightmares in young children. This syrup tonifies the Qi of the spleen, nourishes the blood, relaxes and lowers the Qi, opens the channels of the heart, calms the heart wind and harmonizes HUN, PO and SHEN. The syrup should be administered prior to going to bed and can be combined with the **PEACEFUL NIGHTS TABLETS** or **INTELLIGENT LODGE** in case of obsessive thinking, **SPIRITUAL SOUL DOOR** to calm excessive dreams and **ANIMAL SOUL GATE** to harmonise the Po and control nightmares. The child should refrain for a while from too much reading, watching TV, computer games and be the daily witness of struggles in the family.

Sciatica

311

Relieving the Burden

25,80

RELIEVING THE BURDEN is used for treatment of sciatica with compression and irritation of the sciatic nerve. This preparation stabilized the kidney yin and clears empty fire, dredges heat and damp heat from the Gallbladder and Belt Channel (Dai Mai), dispels pathogens influences in the lumbar area, clears blood heat, moves the blood, soothes the heart, calm the mind and relieves pain. This herbal remedy should be used in combination with acupuncture. **RELIEVING THE BURDEN** should be combined with **SAN BAO TEA** and **YIN ROOT** in the afternoon, to nourish the yin and calm the gallbladder, **BURN OUT RELIEF** in case of stress, time pressure and irritability, **NO WORRY** to relax the Qi and calm the mind, **HAPPY DAYS** if there is slight depression and bad mood in the morning, **PEACEFUL NIGHTS** to improve the sleep and protect the heart. Externally **FREE FLOW SPRAY, OIL AND GEL** should be applied regularly to open the channels and sooth the pain. This formula should not be used in case of kidney Qi, yang deficiency backache with wind cold and damp in the lumbar area. It is important to noticed that sciatica is mostly the consequence of a contraction of the belt meridian (Dai Mai) based on stress and deficiency of the kidney yin with empty fire.

The patient should abstain from stress, time pressure, garlic, alcohol and hot spices.

Carpal Tunnel Syndrom

989

Dionysos

25,80

DIONYSOS Carpal Tunnel Syndrom. This herbal remedy disperse pathogenic influences (xie qi), opens the luo vessels, improves the circulation of qi and blut, dissolves blood stasis and tan, reduces pain, strengthens the tendons and muscles and nourishes the blood. The patient should take 3 x 3 until 6 tablets a day during a long period of time at least 15 days. In emergency case, the patient should take the tablets with some warm sake in order to improve the circulation of qi and blood. The patient should refrain from cold food and drinks and specially dairy produces as they slow down the circulation of qi and blood. The patient should apply externally **Free Flow Gel, Oil and Spray (Tincture)** and take, internally if it is needed and in case of strong pays **Free Flow tablets** or **Iron Drops** in order to promote the production and circulation of blood.

Cataract

1014

Removing the Veils

25,80

REMOVING THE VEILS is used for the treatment of cataract which is a clouding of the lens which leads to a decrease of vision. This particular formula nourishes the essence, the blood and is composed of the most efficient herbs to nourish and even regenerate the eyes. This herbal formula eliminates also empty heat and dredge shao yang and yang ming channels. This particular formula can be used for both pathology of excess and deficiency.

The patient should take 3 x 4 until 6 tablets a day for at least 9 to 12 months. The treatment is very long and patience is needed. It is also important to refrain from all kind of hot spices, alcohol, pepper, garlic, onion and specially coffee.

This formula can be combined with **Beautiful Eyes** in case of inflammation, **Bright Light** for sight weakness, **San Bao Tea, Yin Root** to replenish the essence and the blood, **Yang Root** and **Rinchen Tea** , **Iron Drops** to nourish the liver and the heart blood, **Peaceful Night** in case of insomnia, **Happy Days** for the treatment of depression.

To treat the eyes is like treating the heart, the brain, and drain the shao yang and the yang ming. It is important to take all those points into consideration during the diagnosis and the treatment. The formula is actually nourishing the jing, the blood but at the same time clears the shao yang and the yang ming.

Whooping Cough - Chronic Stage

793

Rooster Song 2

25,80

ROOSTER SONG 2 is used for the treatment of the chronic stage (Qi Fen) of whooping cough (Pertussis). After one to two weeks, the coughing classically develops into uncontrollable fits, each with five to ten forceful coughs, followed by a high-pitched "whoop" sound in younger children, or a gasping sound in older children, as the patient struggles to breathe in afterwards. The coughing stage lasts approximately six weeks before subsiding and can damage the lunge yin. **ROOSTER SONG 2** protects the lungs Yin, relieves cough, is an anti-inflammatory, anti-spasmodic, harmonises and lowers the stomach Qi (vomiting) and lung Qi and calms the mind. This herbal formula should not be used to dispel Wind Cold and Damp. The child should take no animal protein, eggs, poultry, dairy products, chocolate, sugar and spices. Whooping Cough - Chronic

Whooping Cough - Acute Stage

792

Rooster Song 1

25,80

ROOSTER SONG 1 is used for the treatment of whooping cough (Pertussis) with mild respiratory symptoms, mild coughing, sneezing, or runny nose, known as the catarrhal stage (Wei Fen) and is a highly contagious bacterial disease caused by *Bordetella pertussis*. The incubation period is typically seven to ten days in infants or young children (WBL). This preparation is used for the WEI FEN syndromes in the acute initial phase. **ROOSTER SONG 1** dispels wind heat and toxins, relieves the lungs, lowers the lungs and stomach Qi (vomiting) and stimulates food absorption. This herbal formula should not be used to dispel Wind Cold and Damp.

The child should not eat animal protein, eggs, poultry, dairy products, chocolate and sugar.

Bones - Fracture

988

Hestia

25,80

HESTIA is used for the acute treatment of broken bones. This herbal remedy enhance the healing power of the body, promotes the circulation of Qi and Blood, protect against thrombosis, reduces pain, nourishes this essen (jing) of the body and strengthens the bones.

The patient should take 3 x 3 until 6 tables a days during 30 - 90 days. The treatment is long , it takes time to recover from a broken bone. **HESTIA** should be combined with : **Free Flow Gel, Oil, Tincture** externally , as often as possible, **Iron drops** in case of iron deficiency, **Warming The Root, Yang Root or Rinchen Tea** but also **San Bao Tea and Yin Root** to stimulate the kidneys function, **Deep Sleep Forte und Peaceful Nights** to improve the sleep, calm the mind and Strengthens the PO, **Niripsa** for the pain and also regularly **Power Soup** with yang, yin, qi and blood tonifying herbs.

The patient should refrain from cold food and drinks specially milk, dairy produces, yoghurt, sugar, salad, fruit juices and soja products

Migraine - Gallbladder

290

Calm Heaven

25,80

CALM HEAVEN is used for the treatment of gallbladder migraine (one sided) with nausea, vomiting and dizziness. This herbal remedy disperses Qi stagnation, calms the counter flow of the gallbladder Qi, dissolves blood stasis, eliminates phlegm, dredges the Luo meridian, main channels, blood vessels and relieves pain. This herbal remedy can be combined with **PEACEFUL GENERAL** in case of high cholesterol and **QUICK BELLY MOVEMENT** and **DIGEST TEA** to promote the digestion proteins, carbohydrate and fat and enhance the downward movement of the yang ming Qi. This herbal remedy should not be used for the treatment of headache caused by Qi deficiency and yin deficiency with uprising of the liver yang.

The patient should refrain from coffee with milk and cream, cappuccino, sweet cream, fatty cheeses, alcohol, margarine, fried food, onion, ham, pork meat, sausage, chocolate and garlic which is a poison for the gallbladder.

Migraine

Headache - Liver

795

Clear Sky

25,80

CLEAR SKY is used for the empty form (Yin and blood deficiency) of headache with an uprising of the liver Yang and at the same time phlegm and blood stasis in the Gallbladder. This herbal remedy nourishes the liver and kidney yin, clears empty heat and blood heat, dissolve blood stasis, eliminates phlegm and downbears the Qi of the shao yang and yang ming, calms the shen (mind) and promotes the sleep. This herbal preparation can be combined as well with **CALM HEAVEN** to treat hypertension, **PEACEFUL GENERAL** to reduce the blood viscosity, **YIN ROOT** and **SAN BAO TEA** to nourish the yin and consolidate the kidney Qi. This remedy should not be used in case of yang deficiency, internal cold with damp cold and Qi prolapse.

Deficiency Qi and Blood

399

Power Soup - Blood and Qi - 168g

30,90

POWER SOUP - BLOOD AND QI is a general tonic for treatment of Qi and Blood deficiency. This recipe should be prepared with chicken meat, bones and root vegetables. An uncooked egg yolk should be added to nourish the heart blood and improve the sleep. This particular **POWER SOUP** strengthens the Qi and nourishes the blood. This soup can concomitantly be used with **IRON DROPS** to nourish the blood, **LIFE ENERGY** in case of spleen deficiency, **LIFE PROTECTION** to nourish the kidney essence after childbirth, and **SEA OF QI** to lift the Yang Qi in case of prolapse. The **POWER SOUP** should be enjoyed 2 or 3 times a week or even daily after childbirth.

The patient should strictly watch their diet and give up cold and raw food, green salad, coffee, green and black tea, tomato, cucumber, eggplant, peppermint tea, yogurt and fruits.

The detailed description for the preparation can be downloaded online.

Deficiency Qi and Yang

398

Power Soup - Qi and Yang - 188g

30,90

POWER SOUP - YANG and QI is a general tonic for the treatment of Qi and Yang deficiency with hypothermia, cold extremities, low blood pressure, infertility, painful menstruations, backache and low sexual drive. This soup should be prepared with lamb/ mutton meat, bones and root vegetables. **POWER SOUP - YANG AND QI** tonifies the Qi and warms the kidney yang and should only be used in case of true yang deficiency. This soup can concomitantly be used with **YANG ROOT**, **RINCHEN TEA** to warm the kidneys and nourish the essence, **SECRET POWER** to improve sexual drive and **EARTH PILLAR** in case of chronic backache.

The treatment of yin and yang takes many years. The patient should diligently switch to a proper diet and take the herbal remedies and the soups regularly. It is not possible to regenerate the yin and the yang in a couple of weeks. According to the classical books it takes 3 years for the yang, 7 for the yin, 12 for the Qi and 120 for the blood and internal liquids. This is of course just an average but it shows how diligent the treatment should be.

The patient should strictly watch their diet and give up cold and raw food, green salad, coffee, green and black tea, tomato, cucumber, eggplant, peppermint tea, yogurt, fruits and juices.

The detailed description for the preparation can be downloaded online.

Deficiency Qi and Yin

397

Power Soup - Yin and Qi - 232g

30,90

POWER SOUP- YIN and QI is as a general tonic for the treatment of Qi and Yin deficiency, with exhaustion, loss of weight, burn out syndromes, tinnitus, sleeplessness, night sweat, backache, chronic throat ache and childbirth depression. This soup should be prepared with duck meat, bones, egg yolk and vegetables but can also be prepared without meat. **POWER SOUP- YIN and QI** tonifies the Qi and nourishes the Yin. This soup can concomitantly be used with **YIN ROOT** and **SAN BAO TEA** to nourish the yin and strengthens the kidney Qi. **DEEP SLEEP FORTE** in case of insomnia and **BURN OUT RELIEF** to relax the Qi and regenerate the organism.

POWER SOUP- YIN and QI is an excellent medicine after long illnesses with signs of exhaustion.

The treatment of the yin and the yang takes many years. The patient should diligently switch to a proper diet and take the herbal remedies and the soups regularly. It is not possible to regenerate the yin and the yang in a couple of weeks. According to the classical books it takes 3 years for the yang, 7 for the yin, 12 for the Qi and 120 for the blood and internal liquids. This is of course just an average but it shows how diligent the treatment has to be.

The patient should strictly watch their diet and give up hot spices, lamb, mutton, seafood, vinegar, chilli, pepper, garlic, onion, leek, chives and alcohol.

The detailed description for the preparation can be downloaded online.

Varicose Veins - Gel

820

Light Legs Gel 150g

28,00

LIGHT LEGS TABLETS should be applied internally for the treatment of varicose veins. This herbal remedy tonifies the Spleen Qi, transforms dampness, stimulates food absorption, drains damp heat stagnation in the lower burner (legs) via urination and prevents blood stasis and pain. **LIGHT LEGS TABLETS** should be administered concomitantly with **LIGHT LEGS GEL** - This preparation can also be very complementary with **BREAKING THROUGH** and **FREE FLOW TABLETS** but caution is requested in case of western treatments.

The patient should consistently give up pork, sausage, ham, sugar, fried and greasy food and all dairy products specially cheese. **Varicose Veins Gel**

Varicose Veins - Tablets

383

Light Legs Tablets

25,80

LIGHT LEGS TABLETS should be applied internally for the treatment of varicose veins. This herbal remedy tonifies the Spleen Qi, transforms dampness, stimulates food absorption, drains damp heat stagnation in the lower burner (legs) via urination and prevents blood stasis and pain. **LIGHT LEGS TABLETS** should be administered concomitantly with **LIGHT LEGS GEL** - This preparation can also be very complementary with **BREAKING THROUGH** and **FREE FLOW TABLETS** but caution is requested in case of western treatments.

The patient should consistently give up pork, sausage, ham, sugar, fried and greasy food and all dairy products specially cheese. **Varicose Veins** **Varicose Veins Tablets**

Inguinal Hernia

987

Herakles

25,80

HERAKLES is used for the treatment of inguinal hernia mainly happens when the Yang Qi is weak and the liver and channels are too cold. This formula warms the yang, dispels liver coldness, moves the blood and the qi, reduces pain and strengthens the muscle layers.

The patient should take 3 x 4 until 6 tablets a day together with some fennel tea for a period of at least 30 days.

The patient should refrain from all kinds of cold food particularly acid and bitter taste like acid fruits, exotic fruits but also dairy products of all kinds and especially yoghurt with fruits and sugar.

This herbal formula can be combined with many tonics in order to strengthen the yang qi and warm the lower burner like: **Rinchen Tea, Yang Root, Warming the Root** and also **Iron Drops** to nourish the blood, **Sea of Qi** to lift the Qi, **Life Energy** to strengthen the spleen and eliminate dampness from the intestines.

Sport Performance

380

Iron Man

25,80

IRON MAN has been specially created for the performance sport and endurance. This powerful remedy doesn't contain any products on the doping list and can be used safely. This herbal remedy nourishes the ligaments and the muscles, gives strength and endurance without any side effects and should be taken before the training with some other yang tonics like Yang Root and Rinchen Tea in order to improve the stamina and after the training but with yin tonics like San Bao Tea, Yin Root or Regeneration in order to promote the quick regeneration of blood and qi and protect the ligaments and muscles from any kind of injury. This herbal remedy does not contain **ephedrae herba - ma huang**. The recommended dosage should be between 3 x 4 until 6 tablets a day - the dosage can increase if there is any need.

Leukopenia - Zhong Liu

681

Mysterious Warrior

25,80

Mysterious Warrior (Xuan Wu) is used for the treatment of acute and dangerous Leukopenia. This very powerful herbal formula boosts the Qi, nourishes the Jing and the Blood and promotes in a very quick way the production of white blood cells. This herbal remedy should be taken in high dosage in order to get a quick result. My personal advice would be, in case of critical situation to take the prescription as a decoction: 3 x 150 ml a day during 12 days and continue the treatment with tablets, 3 x 6 until 9 tablets a day.

This herbal formula can be used together with San Bao Tea and also power soups like the Qi and Blood and Qi and Yin Soup. It is obviously possible to combine this formula with Iron Drops and Yin Root, but it is actually not necessary because the actual prescription is strong enough and covers the whole pathology in detail.

The patient should refrain from deep frozen food, microwave, sugar, raw food, dairy products and exotic fruits.

Lungs Ödema

686

Water Tiger

25,80

Water Tiger is used for the treatment of pulmonary diseases and for the long-term consequences of dangerous sicknesses. This herbal preparation opens and lowers the lung qi, stimulates the circulation of yang qi in the chest, and eliminate the jammed body fluids through diuresis. This highly effective herbal composition should be combined within other herbal preparations in order to be fully effective.

Water Tiger can be combined with : **Heaven's Protection** (prophylactic herba remedy for the treatment of dangerous sicknesses), **Rinchen Tee** (warm the kidney and, consolidate the qi and nourish the essence), **Sea of Qi** (boost the qi), **Warming the Root** (warm the kidney yang and nourish the essence) , **Regeneration** (boost the 4 roots)

The patient should refrain from:

In case of spleen and lung qi deficiency : sugar, dairy produces, fruits, juices and cold food

In case of Lunge Yin deficiency: smocking tobacco, hot and spicy food, alcohol, seafood, poultry, lamb, garlic, onion and leek.

Cutaneous Lupus Erythematosus - CLE

Red Butterfly

RED BUTTERFLY is used for the treatment of cutaneous lupus erythematosus (CLE). This disease is triggered by an invaded Wen Bing pathogen influence, penetrates into the Qi, Ying and Xue Fen and promoted by constitutional Yin deficiency with empty heat and blood heat.

RED BUTTERFLY penetrates the Qi Fen, Ying Fen, and Xue Fen, eliminates fire and poisonous toxins (Re Du), clears blood heat, releases blood stagnation and protects the yin. This preparation is allowed during pregnancy.

The patient should refrain from any hot spices especially garlic, leek, onion, chives, pepper, alcohol, vinegar, wine, seafood, lamb, poultry meat and even smoking tobacco.

The patient should take 3 x 6 to 10 pellets a day for at least 12 days. The duration of treatment is always determined by the therapist.

This preparation can be combined with the Wen Bing Lun preparations of the line very well. Clearing the Heat can be used in case of a constitutional Yin deficiency with empty heat.

Cutaneous Lupus Erythematosus - SLE

Black Butterfly

BLACK BUTTERFLY is used for the treatment of lupus erythematosus SLE. This disease initially is triggered by an invasion of pathogen influence (Wen Bing), which penetrate into the Ying and Xue Fen, and damage the Yin, produces empty heat, blood heat and blood stagnation in all Zang Fu. This condition is very critical and should be treated by a skilled TCM Doctor. The combination of Western medicines and the butterfly preparations is possible and should never be excluded.

BLACK BUTTERFLY penetrates into the Ying Fen and Xue Fen, removes poisonous fire toxins (Re Du), clears blood heat, dissolves blood stasis, protects the yin and the kidneys and clear empty heat. This preparation is allowed during pregnancy.

The patient should refrain from any hot spices especially: garlic, leek, onion, pepper, alcohol, vinegar, wine, seafood, lamb, poultry meat and even smoking tobacco.

The patient should take 3 x 4 to 6 tablets a day for at least 12 to 30 days. The duration of the therapy is always determined by the TCM therapist and varies according to the diagnostic.

The Wen Bing Lun (WBL) pattern formulas from the Diolosa Line, can be combined with the treatment, especially Clearing the Heat or even Yin Root to nourish the Yin. It is possible to mix both preparations together, namely Red Butterfly in the Morning and Black Butterfly in the afternoon.

Peptic Ulcer

766

Confidence

25,80

CONFIDENCE is used for treatment of **peptic ulcer**, also known as **PUD** or **peptic ulcer disease**. This herbal remedy harmonised the relation between gallbladder (wood) and stomach (earth), soothes the Qi circulation, clears heat and toxins (anti-inflammatory), clears blood heat and dissolves blood stasis, resolves congestion (pain), softens hardenings and indurations (ulcer), calms YI (conceptual mind) and SHEN (consciousness) and counteracts excess of acidity. CONFIDENCE can be taken together with OPEN SPACE in case of gastritis, HAPPY DAYS to relax the Qi and give a happy mood in the morning, NO WORRY to relax the Qi, improve the sleep and calm the Yi, INTELLIGENT LODGE to calm the conceptual mind and PEACFUL NIGHTS to improve the sleep.

This herbal remedy should not be used in case of stomach yang deficiency, coldness and phlegm cold. The best moment to take this herbal remedy is in the morning between 7.00 and 9.00 during the stomach time.

The patient should avoid acid fruits, fruits juices, vinegar, alcohol, hot spices, black tea, green tea, tobacco and coffee, and should try to reduce stress.

Anorexia Nervosa

953

Revelation

25,80

Revelation was created for the treatment of Anorexia Nervosa and to preserve the body weight. This marvelous herbal remedy is without calory, sugar, aspartame and lactose and can be used over a long period of time. **Revelation** will increase the luster of the skin and enhance an healthy looking. This herbal medicine boost the Qi of the middle warmer, nourishes the blood and the essence of the body (jing), moves the blood, calms and clear the mind, and harmonises Hun and Po without affecting the body weight.

It is requested in order to preserve the body weight and shape to get some precise advices from a TCM doctors. Generally cold food and drinks should be avoided in order to protect the yang and this essence of the body.

The classical dosage ist 3 x 3 until 6 tablets a days during at least 120 days. This herbal remedy can be taken over a long period of time.

Revelation can be combined with all the WU SHEN medicines specially **Intelligent Lodge** for the treatment of Yi Plus, **Animal Soul Gate** to strenthens the PO, **Sea of Qi** to boost the Qi, **Yang Root, Warming the Root and Rinchen Tea** to warm the kidneys and nourish the Jing, **Regeneration** to boost the 5 roots of the body, **Vitality** to boost the qi and the blood and **Peaceful Nights** to improve the quality of the sleep.

Macular Degeneration Wet

986

Chenrezi 2

25,80

CHENREZI 2 is used for the treatment of Macular Degeneration - the wet type - exudative. This precious herbal remedy balance the yin and the yang, nourishes the blood, promotes the circulation of blood and qi in the eyes area, removes phlegm in the eyes, stop bleeding and nourishes the essence and the blood. The patient should take 3 x 3 until 6 tablets a day for a period of at least 9 months. Actually the treatment has to be done through many years as it is very difficult to regenerate the eyes in a short time. It is possible to enhance the effect of the formula through using: **Bright Light and Beautiful Eyes** but the more important formulas will targeting the Kidneys like **Yin Root and San Bao Tea** for the yin and **Yang Root and Rinchen tea** for the yang. The patient should refrain form hot spicy food because according to the law of the five elements the metal can damage the wood. Coffee is also forbidden as it belongs to the most dangerous gift for the sight, specially strong coffee.

Macular Degeneration Dry

985

Chenrezi 1

25,80

CHENREZI 1 is used for the treatment of Macula Degeneration - the dry type - nonexudative. This precious herbal remedy balance the yin and the yang, nourishes the blood, promotes the circulation of blood and qi in the eyes area, removes phlegm in the eyes and nourishes the essence and the blood. The patient should take 3 x 3 until 6 tablets a day for a period of at least 9 months. Actually the treatment has to be done through many years as it is very difficult to regenerate the eyes in a short time. It is possible to enhance the effect of the formula through using: **Bright Light and Beautiful Eyes** but the more important formulas will targeting the Kidneys like **Yin Root and San Bao Tea** for the yin and **Yang Root and Rinchen tea** for the yang. The patient should refrain form hot spicy food because according to the law of the five elements the metal can damage the wood. Coffee is also forbidden as it belongs to the most dangerous gift for the sight, specially strong coffee.

Angina - Tonsillitis Acute - Tablets

322

Throat Cooling Dew

25,80

THROAT COOLING DEW TABLETS is used for the treatment of sore throat, purulent angina and tonsillitis. **Tonsillitis** is an inflammation of the tonsils most commonly caused by a viral or bacterial infection whose symptoms include sore throat and fever. This strong herbal remedy dispels wind heat, clears the lungs, clears the throat, eliminates fire toxins and relieves pain. **THROAT COOLING DEW** should be taken in high dosage to prevent the toxins to move into the Lungs. This preparation should be combined with **GREEN PROTECTION SCREEN** in order to enhance its property and dispels even strongly the pathogenic influences. **THROAT COOLING DEW** should not be used to treat wind damp cold or the yin deficiency sore throat.

The patient should avoid chicken broth, hot spices, alcohol and meat. Angina - Tonsillitis Acute
Angina - Tonsillitis Acute

Manic Depressiv disorder

358

Finding Balance

25,80

FINDING BALANCE is used for the treatment of manic-depressive disorder (bipolar affective disorder) called Kuang in Chinese medicine. **FINDING BALANCE** opens and clears the eight subtle channels of the heart which have been obstructed with phlegm heat and blood stasis, clears blood heat, calms the yang, lowers the winds, protects the Yin and calms the Gui.

This herbal remedy should be used in combination with **BRIGHT FUTURE** when the state of depression, isolation and hopelessness comes back, **INTELLIGENT LODGE (YI)** and **SPIRIT'S HALL (SHEN)** to calm the over-thinking mind. To improve the sleep one should use **DEEP SLEEP FORTE** and nourish the Yin with **SAN BAO TEA** and **YIN ROOT** in the afternoon.

This herbal remedy is not allowed in case of yang deficiency and phlegm cold obstructing the heart channels. The treatment with acupuncture is also very important and should be applied as soon as possible.

The patient should refrain from coffee, tobacco, drogues, marijuana, hot spices, vinegar, lamb meat, seafood, chocolate, sugar and junk food.

Measles - Qi - Ying Fen

789

Leaving the Past 2

25,80

LEAVING THE PAST 2 is used for the treatment of measles, especially if the fire toxins (Re Du) have invaded Qi, Ying and Xue Fen. The classical signs and symptoms of measles stage include four-day fevers and the three Cs — cough, coryza (head cold), conjunctivitis (red eyes), fever, anorexia, and rashes. The fever may reach up to 40 °C (Qi Fen syndrome). Koplik's spots seen inside the mouth are pathognomonic (diagnostic) for measles, but are not often seen, even in real cases of measles, because they are transient and may disappear within a day of arising. The characteristic measles rash is classically described as a generalized, maculopapular, erythematous rash that begins several days after the fever starts. It starts on the back of ears and, after a few hours, spreads to the head and neck before spreading to cover most of the body, often causing itching. The rash is said to "stain", changing color from red to dark brown (blood heat and blood stasis). The measles rash appears two to four days after the initial symptoms and lasts for up to eight days.

This herbal remedMeasles - Qi- Ying Fen y protects the Yin, clears empty heat, eliminating fire toxins, clears blood heat, dissolves blood stasis, opens and protects the subtle channels of the heart and calm heart wind. This formula has a cold property and should not be used in case of Yang deficiency, wind cold draft and chronic cold diarrhoea.

The child should avoid animal proteins, chicken, pork, sausage, ham, junk food, sugar and chocolate.

Measle - Wei Fen

788

Leaving the Past 1

25,80

LEAVING THE PAST 1 is used for the treatment of measles, especially the initial stage Wei Fen. Measles, also known as rubeola, is one of the most contagious infectious diseases, with at least a 90% secondary infection rate in susceptible domestic contacts. It can affect people of all ages, despite being considered primarily a childhood illness. Measles is marked by prodromal fever, cough, coryza, conjunctivitis, and pathognomonic enanthem (i.e. Koplik spots), followed by an erythematous maculopapular rash on the third to seventh day. Infection confers life-long immunity.

This strong herbal remedy penetrates also in the Xue Fen to eradicate the cause of the disease. It is very important to note that infection sicknesses (with incubation) have already invaded Xue Fen and from there spread in Wei Fen. The definition of Wei Fen syndrome is incomplete and can very quickly lead to an incorrect diagnosis. Just to treat with wind dispelling herbs would not be sufficient at all. It is very important to observe carefully the movements of the disease in order to apply the right treatment. **LEAVING THE PAST 1** should be immediately combined with **LEAVING THE PAST 2** if Qi Fen, Ying Fen and Xue Fen symptoms are too obvious. This formula should not be used in case of Yang deficiency or wind cold draft.

The child should stop all kind of animal protein like pork, sausage, ham, junk food, sugar, chocolate, candies and even honey. Measle - Wei Fen

Mastitis Acute

984

Tree of Life

25,80

TREE OF LIFE has been created for the treatment of Mastitis with strong inflammation, even pus and pain. This herbal remedy disperse the Qi of the chest, harmonises the relation between the gallbladder and stomach, clears heat and toxine, softens hardenings and moves the blood.

TREE OF LIFE should be given for a limited period of time, specially during the breast feeding time.

The dosage is between 3 x 3 to 6 Tablets a day and can be taken with some pepperminttea as well. The patient should refrain from hot spices, aromatic spices, garlic, onion, herbal formulas with hot herbs, seafood, chicken, lamb and tonic soups which are normally used during the breast feeding period, as they might increase the heat in the yang ming. Care should be taken also with those herbal formulas which increase the milk production based on western herbs as some of them increase the heat of the yang ming too.

The patient can also combine this prescription with some Qi stagnation formulas like, **HAPPY DAYS**, **NO WORRY**, improves the sleep with **DEEP SLEEP** and after the symptoms have disappear it is important to nourish the yin with **YIN ROOT** and **SAN BAO TEA** to increase the milk production.

Mastopathy

367

Lady's Relief

25,80

LADY'S RELIEF is used for the treatment of painful breasts (mastopathy). This herbal remedy dissolves constraint liver and gallbladder Qi, moves the Yang Ming Qi downwards, opens the LUO and the channels of the breast, dissolves blood stasis, softens hardenings and relieves swelling and pain. **LADY'S RELIEF** can be used in combination with **EASY FLOW HEAT** and **COLD** for the treatment of dysmenorrhoea, **HAPPY DAYS** to relax the Qi and give a happy mood, **NO WORRY** to disperse the Qi and calm the mind and **PEACEFUL NIGHTS** to provide a good sleep.

This formula should not be used in case of exhaustion. The patient should refrain from fried and greasy food, cheese, eggs, milk, butter, potato, hot spices, poultry and reduce the intake of carbohydrate.

Meniscus

983

Demeter

25,80

DEMETER has been created for the treatment of knee problems, specially meniscus, it refers to the cartilage of the knee, either to the lateral and medial menisci. Both are cartilaginous tissues that provide structural integrity to the knee when it undergoes tension and torsion. There are two general types of meniscus injuries, acute tears that are often the result of trauma or a sports injury and chronic for both cases **SOFT EDGES** can be used.

SOFT EDGES eliminate Wind Damp and Cold from the lower part of the body and specially the knees, it promotes the circulation of blood, dissolves blood stasis, reduces pain and strengthens the cartilaginous tissues.

This herbal remedy should be used for at least 30 days - 3 x 3 to 6 tablets a day . The patient should be cautious with dairy produces, specially cold milk and drinks after or before the training, yogurt, fresh cheese, fruit juices, acid fruits, vitamin c tablets and too much cold green salad, cucumber, tomato and eggplant.

This herbal remedy should be combine externally with: Free Flow Gel, Oil, Tincture and in acute case the patient should take internally Free Flow Tablets to dissolve blood stasis and reduce pain.

Alzheimer Morbus

971

Dragon Brain

25,80

DRAGON BRAIN is either used for the prophylactic or acute treatment of Morbus Alzheimer. This herbal remedy reach the brain, promotes the blood circulation, protect against TAN and Blood Stasis and nourishes the Essence (Jing) and the marrow.

The dosage should be 3 x 3 tablets a day during 12 months . The TCM doctor has to decide how long this prescription should be given. According to clinical experiences the treatment should last at least for 12 months or even longer.

This herba remedy improve the memory and mindfulness and can be use as a prophylactic medicine to protect the brain against brainstroke (Zhong Feng). This herbal remedy can be combined with: **Mindfulness** in case of insomnia, **Bright Future** to treat depression, **Happy Days** in case of slight depression and stagnation of qi, **Yin Root and San Bao Tea** to nourish the essence, **Yang Root combined with Rinchen Tea** to nourish the essence and the warm the yang and either **Deep Sleep or Peaceful Nights** to improve the sleep.

The patient should refrain from sweeteners like aspartame, deep frozen food, microwave food, coca cola, sprite, deep fried and greasy food and all type of junk food

Dragon Eyes

DRAGON EYES is used for the treatment of Graves' disease. This herbal remedy eliminates mucus/phlegm heat, tan, blood heat and blood stagnation from the Shao Yang and Yang Ming, calms Wind Phlegm/Mucus (Feng Tan), frees the throat, clears the eyes, soothes Shen and preserves the Yin without producing additional wetness. Dragon Eyes takes into account both the fullness and the emptiness of this disease, but above all, eliminates Feng Tan's primary caused by an imbalance between Shao Yang and Yang Ming, who attacks the eyes and the central nervous system and subsequently exhausts the yin.

TCM Mind Mapping: Gall Bladder Mucus Heat > Yang Ming Mucus Heat > Feng Tan> Tan and Blood Congestion in the Larynx and Eye Area> Kidney Yin Deficiency> Liver Blood Deficiency> Detachment of the Yang > Chong and Ren Mai are empty

Posology: 3 x 6 to 10 pellets per day

Dietetics: to avoid - bulb plants, alcohol, hot and hot spices mixtures, seafood, lamb, poultry meat, vinegar, pepper, clove, nutmeg, ginger, galgant root, Ras El Anout spices mixture, garlic, onion, leek, dill, chives, chili , Fried and greasy food, microwaves and frozen foods

Morbus Crohn

767

Finding the Truth

25,80

FINDING THE TRUTH is used for the treatment of Crohn's disease. Crohn's disease, also known as regional enteritis, is a type of inflammatory bowel disease that may affect any part of the gastrointestinal tract from mouth to anus, causing a wide variety of symptoms. It primarily causes abdominal pain, diarrhea (which may be bloody if inflammation is at its worst), vomiting (can be continuous), or weight loss but may also cause complications outside the gastrointestinal tract such as skin rashes, arthritis, inflammation of the eye, tiredness, and lack of concentration.

FINDING THE TRUTH disperses constraint Qi, harmonises the relation between the liver/gallbladder and the small intestine, opens the subtle channels of the heart, guides the fire toxins via urination, clears blood heat, stimulates food absorption, promotes the postnatal source of the JING, controls hyperacidity and calms the mind. This herbal remedy is not allowed in case of spleen yang deficiency with internal dampness or secondary damp heat.

FINDING THE TRUTH has a very deep effect on YI (Conceptual Mind) and SHEN (Mind) and should be used in combination with **INTELLIGENT LODGE** to treat mental obsession and over thinking, **HAPPY DAYS** to treat Qi stagnation and slight depression, **NO WORRY** to move the Qi and calm the mind and also **QUICK BELLY MOVEMENT** to improve the postnatal source of the JING. In some difficult cases it is important to nourish the yin with **SAN BAO TEE** and **YIN ROOT**.

The patient should stay away from coffee, black tea, hot spices, acid fruits, vinegar, sugar, junk food, alcohol, microwaves and deep frozen food.

Morbus Meniere

927

Great Dipper

25,80

Great Dipper is used for the treatment of Morbus Meniere Syndrome. This herbal prescription boosts the spleen Qi, transforms internal damp and mucus, moves the Yang Ming (Magen und Dickdarm) and Shao Yang (Gallenblase und San Chiao) qi downward, opens the senses, calms internal wind and clears the subtle channels of the heart. This herbal compound should be used in case of dizziness, nausea, depression, mental dullness and tinnitus. It is requested to take 3 x 3 until 6 tablets a day together with amomi fructus - cardamon, rosmarinus officinalis flos - rosmarin or thymus vulgaris - thymian tea. This combination will enhance the effect of the prescription.

Great Dipper should not be used in case of yin deficiency with empty heat, dry constipation or difficult and painful urination (dysuria). This herbal compound can be combined with **Life Energy** (spleen qi deficiency), **Snow Lion** (Schleim Kälte), **Quick Belly Movement** (food stagnation) and **Digest Tea** (food stagnation).

The patient should refrain from cold food and drinks, sugar, yoghurt, milk, cheese, fruits, lemon, green salad, tomato, cucumber, spinach, green salad, coffee, green and black tea.

Morbus Reynaud

768

Loving Care

25,80

LOVING CARE is used for the treatment of Morbus Reynaud with blood circulatory disorder, cold and painful extremities. This herbal remedy reduces the viscosity of the blood, dissolves blood stasis, expels wind dampness from the LUO vessels, relieves spasms and pain.

LOVING CARE can be combined with **BREAKING THROUGH** or **FREE FLOW TABLETS** in case of painful blood stasis. **FREE FLOW SPRAY**, **GEL** and **OIL** can be used externally to improve the blood circulation, open the Luo vessels and reduce pain. **YANG ROOT** and **RINCHEN TEA** should be used in case of Yang deficiency.

The patient should refrain from cold and raw foods, cold drinks, sauerkraut, fruits, juices, yogurt, tomatoes, cucumbers, eggplant, green salad, mozzarella, cheese, milk, cream and sugar.

Exhaustion

376

Life Energy

25,80

LIFE ENERGY is used for the treatment of Spleen Qi deficiency with damp stagnation in the Yang Ming. This herbal remedy tonifies and promotes the ascending movement of the Spleen Qi, transforms dampness, resolves secondary blood and Qi stagnation in the Yang Ming, reduces digestive pain and promotes the digestion of carbohydrates. **LIFE ENERGY** cannot be used for the treatment of secondary damp heat.

This preparation can be combined with **QUICK BELLY MOVEMENT** and **DIGEST TEA** to promote the digestion of carbohydrate and reduce food stagnation, **SEA OF QI** in case of prolapse of the Qi, **IRON DROPS** to nourish the blood and **YANG ROOT** or **RINCHEN TEA** to warm the kidney yang and nourish the essence. **LIFE ENERGY** is an important formula in case of chronic Spleen Qi deficiency and can be used for many clinical cases.

The patient should abstain from wheat, bread, sugar, fruits, juices, cold food, green salads and dairy products.

Differentialdiagnostik - Bian Zheng : Spleen Qi deficiency > Yang Ming Damp Cold > Qi und Blood Stasis

Multiple Sclerosis

385

Afternoon Strength

25,80

AFTERNOON STRENGTH is used for the treatment of multiple sclerosis (Wei Syndrom).

Multiple sclerosis (MS), also known as "disseminated sclerosis" or "encephalomyelitis disseminata", is an inflammatory disease in which the fatty myelin sheaths around the axons of the brain and spinal cord are damaged, leading to demyelination and scarring as well as a broad spectrum of signs and symptoms. A person with MS can suffer almost any neurological symptom or sign, including changes in sensation such as loss of sensitivity or tingling, pricking or numbness (hypoesthesia and paresthesia), muscle weakness, clonus, muscle spasms, or difficulty in moving; difficulties with coordination and balance (ataxia); problems in speech (dysarthria) or swallowing (dysphagia), visual problems (nystagmus, optic neuritis including phosphenes, or diplopia), fatigue, acute or chronic pain, and bladder and bowel difficulties.

This herbal remedy has a primary effect on the lungs and treats the consequences of infectious sicknesses on the PO. AFTERNOON STRENGTH nourishes the yin, clears lung empty heat, lowers the lunge Qi, eliminates hidden fire toxins and mucus, clears blood heat, dredge the Luo vessels from blood stasis and phlegm, strengthens the limbs and stabilized PO (animal soul).

This herbal remedy can be combined with GENTLE BREATH in case of asthma, DEW DROPS if there is chronic bronchitis and specially ANIMAL SOUL DOOR to strengthen the PO and enhance the immune system. AFTERNOON STRENGTH should not be used in case of yang deficiency with cold mucus or during an infectious disease.

The patient should refrain from drugs, tobacco, deep frozen und microwaves food, junk food, drinks with aspartame, coca cola, hot spices, alcohol, coffee, black tea, lamb, seafood, chicken, vinegar and lemon juice.

Multiple Sclerosis - Chronic

384

Evening Strength

25,80

EVENING STRENGTH should be used for the treatment of chronic multiple sclerosis (WEI syndromes) with exhaustion of the Yin and Empty Fire. This herbal remedy nourishes the essence (JING), clears empty heat and blood heat, dissolves blood stasis, opens the LUO channels, strengthens the extremities, eliminates hidden fire and damp heat toxins in the blood layer and strengthens the PO. Despite its tonic properly, this formula does not produce any stagnation and can be combined with the other WEI Formulas.

All three WEI formulas can be combined together: MORNING STRENGTH in morning to dredge the yang ming, AFTERNOON STRENGTH in the afternoon to preserve the function of the PO and EVENING STRENGTH in the evening to nourish the essence and improve the sleep.

The patient should refrain from acid taste, vinegar, hot spices, alcohol, coffee, tobacco, junk food, sweetener, sugar, microwaves and deep frozen food.

Multiple Sclerosis - Yang Ming

386

Morning Strength

25,80

MORNING STRENGTH is used for the treatment of multiple sclerosis (Wei Syndrom).

Multiple sclerosis (MS), also known as "disseminated sclerosis" or "encephalomyelitis disseminata", is an inflammatory disease in which the fatty myelin sheaths around the axons of the brain and spinal cord are damaged, leading to demyelination and scarring as well as a broad spectrum of signs and symptoms. A person with MS can suffer almost any neurological symptom or sign, including changes in sensation such as loss of sensitivity or tingling, pricking or numbness (hypoesthesia and paresthesia), muscle weakness, clonus, muscle spasms, or difficulty in moving; difficulties with coordination and balance (ataxia); problems in speech (dysarthria) or swallowing (dysphagia), visual problems (nystagmus, optic neuritis including phosphenes, or diplopia), fatigue, acute or chronic pain, and bladder and bowel difficulties.

This particular herbal remedy is used for the excess type of multiple sclerosis. **MORNING STRENGTH** dispels wind damp from the Luo and main channels, strengthens the spleen, eliminates damp heat toxins from the Yang Ming and Xue Fen, clears blood heat, dissolves blood stasis, dredges the Luo and main channels and calms the nervous system.

MORNING STRENGTH is used for the long-term consequences of infectious disease (Wen Bing Lun), especially if the toxic agent has entered into the Yang Ming and Xue Fen (blood layer). In chronicle stages, the three WEI formulas can be taken together "**MORNING STRENGTH**" in the morning for the yang ming, **AFTERNOON STRENGTH** in the afternoon for the lungs and Po and **EVENING STRENGTH** in the late evening for the heart and kidneys. It is also important to avoid any kind of vaccinations and take the herbal formula diligently.

It is recommended in the acute phase of multiple sclerosis to use high doses and to refrain from aspartame, deep frozen or microwave food, fried, oily and spicy food, alcohol, garlic, leek, onion, alcohol, tobacco, vinegar and any kind of hot spices.

Mumps - Epidemic Paroditis

764

Wind Screen

25,80

WINDSCREEN is used for the treatment of mumps (**epidemic parotitis**), with painful swelling of the salivary glands (shao yang syndrome), painful testicular swelling (orchitis – jue yin syndrome), fever, headache and rash may also occur with an incubation time of 16 to 18 days. The symptoms are generally not severe in children. In teenage males and men, complications such as infertility or subfertility are more common, although still rare in absolute terms. This herbal remedy should be taken immediately in high dosage up to 12 days. This preparation dispels wind heat toxins from the Shao Yang (salivary glands), prevents the penetration of the toxins in Jue Yin (liver = testis - orchitis), protects the pancreas and nervous system (meningitis = Ying Fen and Xue Fen syndrome). Like all WBL diseases with incubation time, the fire toxins are trapped in the blood layer. The acute symptoms manifest in Shao Yang but the main cause is hidden in the Xue Fen. This should be taken in consideration during the treatment.

The patient should give up all animal protein for 2 weeks, fried and fatty foods, garlic, onions, leek, lamb, chicken, coriander, pepper, chilli, alcohol and hot spices.

Pull/Straining Hamstring - Thigh

1002

Hektor 2

25,80

HEKTOR 2 is used for the treatment of **hamstring injury in the musculus biceps femoris**. This herbal remedy should be used as quickly as possible. **Hektor** is nourishing the essence, the blood, disperses blood stasis, moves the qi, strengthens the hamstrings ligaments and muscles and should be take as long as it is necessary . The treatment should be 3 x 4 until 6 tablets a day.

This formula can be combined with: **Iron Drops** to nourish the blood, **Yin Root und San Bao Tee** for the essence, the blood and the qi - **Rinchen Tee und Yang Root** to warm the yang, nourish the essence and consolidate the qi. **Pull/Straining Hamstring - Thigh** for the treatment of pain and externally **Free Flow Gel, Oil and Tincture**.

The patient should refrain form acid, bitter cold food and drinks, specially fruits juices and all kind of dairy produces.

Hamstring Injury - Calf

1001

Hektor 1

25,80

HEKTOR 1 is used for the treatment of **hamstring injury in the musculus gastrocnemius - calf muscle** . This herbal remedy should be used as quickly as possible. **Hektor** is nourishing the essence, the blood, disperses blood stasis, moves the qi, strengthens the hamstrings ligaments and muscles and should be take as long as it is necessary. The treatment should be 3 x 4 until 6 tablets a day.

This formula can be combined with: **Iron Drops** to nourish the blood, **Yin Root und San Bao Tee** for the essence, the blood and the qi - **Rinchen Tee und Yang Root** to warm the yang, nourish the essence and consolidate the qi .**Niripsa** for the treatment of pain.

The patient should refrain form acid, bitter cold food and drinks, specially fruits juices and all kind of dairy produces. Pull/Straining Hamstring

Muscles Soreness

972

Methis

25,80

METHIS is used for the treatment of delayed onset muscles soreness. **METHIS** strengthens the spleen, promotes the elimination of toxins and water stasis in the muscles layers, disperses blood stasis, moves the qi, strengthens the hamstrings ligaments and muscles and should be taken immediately after the onset. The treatment should be 3 x 4 until 6 tablets a day.

This formula can be combined with : **Free Flow Tablets** and **Niripsa** for the treatment of pain. **Free Flow Oil and Gel** should be applied externally as often as possible.

The patient should refrain form acid, bitter cold food and drinks, specially fruits juices and all kind of dairy produces.

Vaginal Yeast Infections - Balm

369

Peaceful Valley Balm - 30g

16.50

PEACEFUL VALLEY BALM is used for the treatment of vaginal yeast infections, and should be used with the **PEACEFUL VALLEY SUPP**. This herbal balm eliminates local damp heat and toxins, clears blood heat, dissolves blood stasis, relieves itching and has a pain-relieving effect. **PEACEFUL VALLEY BALM** can be combined with **HOT DAMP BELT** to treat yellowish vaginal discharge (huang dai) and **CLEANSING DAYS** to eliminate damp heat and toxins form the Jue Yin.

The patient should avoid alcohol, garlic, fried and greasy foods and hot spices. Peaceful Valley Balm - 30g

Vaginal Yeast Infection - Suppository 368
Peaceful Valley Supp. 20st 29,00
PEACEFUL VALLEY SUPP. is used for the treatment of vaginal yeast infections, and should be used together with the PEACEFUL VALLEY SUPP. This herbal supp. eliminates local damp heat and toxins, clears blood heat, dissolves blood stasis, relieves itching and has a pain-relieving effect. PEACEFUL VALLEY SUPP should be combined with PEACEFUL VALLEY BALM, HOT DAMP BELT to treat yellowish vaginal discharge (huang dai) and CLEANSING DAYS to eliminate damp heat and toxins from the Jue Yin and the blood layer.
The patient should avoid alcohol, garlic, fried and greasy foods and hot spices.

Endometriosis - Uterine Fibroids 312
Moon Chamber 25,80
MOON CHAMBER is applied for the treatment of uterine fibroids and endometriosis. This strong herbal remedy penetrates in the Chong and Ren Mai, softens masses and hardenings, stimulates the circulation of Qi in the uterus, dissolves blood stasis and zheng jia ji ju, reduces pain and protects the Yin. MOON CHAMBER should be administered carefully and combined with medicines such as EASY FLOW HEAT or COLD for the treatment of painful menstruations. This herbal formula should be used either in the morning, in the wood phase of the day or between ovulation and menstruation, the excess phase of the cycle. This herbal formula should be used with caution in combination with western medicine. This is a strong herbal formula which should be used during a long period of time in order to unfold its properties fully.
MOON CHAMBER should never be used in case of strong bleeding or Qi exhaustion and during pregnancy.
The patient should refrain from fruits, yogurt, soy products, tomatoes, cucumbers and raw vegetables.

Food Stagnation Acute 269
Quick Belly Movement 25,80
QUICK BELLY MOVEMENT is used for the treatment of food stagnation, toxic wastes in the digestive tract, the sensation that the abdomen is full or distended, irritable bowel syndrome, food allergy, lactose intolerance, reflux, belching, flatulence and even constipation. This marvellous herbal remedy harmonised liver/gallbladder (wood) and spleen/stomach (earth) disperses Qi stagnation, lowers the Qi of the Shao Yang and the Yang Ming, prevents phlegm, and blood stasis, promotes the bowel movement and the digestion of carbohydrates, animal proteins and fat, protects the arteries and clears the channels of the heart.
QUICK BELLY MOVEMENT is one of the most important remedies of the Diolosa Line and should regularly be taken to protect one's health. This drug was originally developed for the prevention of Zhong Liu. Its composition prevents pathological Tan, Blood stasis and Toxins accumulation in the Yang Ming, Luo and blood vessels responsible for any type of Zhong Liu.
One tablet after each meal is sufficient to drain and prevent tan, blood and toxic wastes accumulation in the Yang Ming. This formula can be combined with DIGEST TEA which has a similar composition and effects.
For elderly patients and during the pregnancy SLOW BELLY MOVEMENT should be used.

Food Stagnation - Chronic	273
Slow Belly Movement	25,80
<p>SLOW BELLY MOVEMENT is used for the treatment of food stagnation, sensation that the abdomen is full or distended, irritable bowel syndrome, food allergy, lactose intolerance, reflux, belching, flatulence and even constipation. This herbal remedy is no risk during pregnancy and can be taken safely. SLOW BELLY MOVEMENT harmonizes the wood and the earth, resolves food stagnation, moves and lowers the Yang Ming Qi, stimulates the absorption of carbohydrates, proteins and fat and prevents toxic deposits in the intestines. This herbal remedy is not suitable for the treatment of tan or blood stagnation in the digestive tract. In the absence of pregnancy, QUICK BELLY MOVEMENT should be used. Food Stagnation - Soft</p>	
Food Stagnation - Acute	818
Verdauungstee	27,00
<p>DIGEST TEA is used for the treatment of food stagnation but also prevents: damp heat, mucus, tan, toxins, blood and qi stagnation in the yang ming. This herbal tea is one of the most important remedy of the Diolosa Line and has been originally created for the prevention of Zhong Liu. This is a tea for daily use, just one cup after each meal is enough to promote the digestion and the downward movement of the yang ming qi.</p> <p>DIGEST TEA can be combine with all other remedies but specially SLOW and QUICK BELLY MOVEMENT in case of constipation. The tea can be infused but also prepared as a decoction. Food Stagnation</p>	
Nasal Polyp	1008
Stairway to Heaven	25,80
<p>STAIRWAY TO HEAVEN is used for the treatment of nasal polyp. This herbal remedy is very precious in pediatrics and can be used for children. It is evry important that the child refrains from of kind of sweet food and specially dairy produces and sugar for at least 30 days until 120 days.</p> <p>Stairway to heaven strengthens the spleen, transforms internal damp, softens hardenings, eliminates phlegm heat and toxins, lowers the lunge qi, promotes the breathing and clear the mind. The Patient should take 3 x 4 unil 6 tablets a day for at least 12 days or even longer if it is necessary. During all the treatment the patient should stick consciously to the diet and refrain from fried and greasy food, sweet and greasy food, dairy produces, cheese, cream, chocolate and exotic fruits. This herbal remedy can be combined with Cooling Fragrance in order to enhance the effect but specially in case of infection and also Snow Lion Balm for inhalation. This herbal remedy has a cooling nature and should no be used in case of damp cold, phlegm cold or wind cold pathogens.</p>	
Damp Heat Toxins - Yang Ming - Zhong Liu	704
Opening the Gate	25,80
<p>OPENING THE GATE is used for the treatment of primary yang ming damp heat and toxins. This herbal remedy promotes the elimination channels and protects the yang ming. This herbal remedy has a cold property and should only be used for a short period. Opening the Gate is not allowed in case of yang deficiency, internal cold and damp, chronic diarrhea or polyuria. The average dosage should be 3 x 3 to 6 tablets a day. The main idea of the treatment is too eliminate in a very soft and quick way the damp heat and toxins from the yang ming (large intestine and stomach). There are many herbal medicines which could be combined with Opening the Gate : prevails), Five Herbs (Damp Heat Toxins with Zheng Jia Ji Ju), Happy Release (Colitis Ulcerosa), Open Space (Gastritis), Finding the Truth (Morbus Crohn), Quick Belly Movement and Digest Tea (Food Stagnation).</p> <p>The patient should refrain from animal products, cheese, fried and greasy food, alcohol and hot/spicy food.</p>	

Heat and Toxins - Acute - Zhong Liu

705

Five Herbs

25,80

Five herbs is used for the treatment of damp and thick mucus heat toxins accumulation together with Qi/Blood Stasis and Zheng Jia Ji Ju (abdominal masses, clusters) . This herbal compound should be considered as a prophylactic remedy and can be used once a year, for a period of few days to drains the damp heat toxins through the elimination channels. Five Herbs is mainly targeting the Yang Ming and can be used as a prophylactic treatment against dangerous sicknesses . This herbal remedy has a balanced property and can be used in case of spleen dysfunction or even general weakness. Five herbs tonifies the spleen, transforms the dampness and promotes the digestion of carbohydrates and proteins. Five of the most famous anti-toxic, damp heat and thick mucus releasing herbs are used to drains and softens dangerous hardening from the Yang Ming and Luo channels. This formula should not be used in case of yang deficiency with internal cold damp, diarrhoea or polyuria.

Five Herbs can be combined together with Heaven's protection (general prophylactic treatment for thick mucus, masses, blood stasis and toxins - should be used once a year for a period of 12 days), Happy Release (Damp Heat Diarrhoea), Peaceful Moments (Colitis Ulcerosa), Open Space (Gastritis), Finding the Truth (Morbus Crohn), Cleansing Days Tablets and Tea (Spring Treatment for 12 days) .Heat and Toxins - Zhong Liu

The dosage should be 3 x 3 to 6 tablets a day. The patient should refrains from dairy produces, meat, sausage, fried and greasy food, junk food, microwaves and deep frozen food. It is also important to stop coffee and tobacco during the treatment.

Damp Heat - Jue Yin - Zhong Liu

706

Heavenly Streams

25,80

Heavenly Stream is mainly used for the treatment of Damp Heat Toxins in the Jue Yin (Liver/Blood), blood layer and Yang Ming (Stomach and Large Intestine). This herbal remedy strengthens the spleen Qi, transforms dampness and drains damp heat and toxins through the elimination channels. **Heavenly Stream** is mainly used for the treatment of damp and hot skin rashes , with inflammation and pus, like abces or furuncle. This herbal remedy is connecting Jue Yin, the blood layer and Yang Ming together and can be used for the treatment of dermatological diseases.

Heavenly Stream can be combined with : **Sunrise** (Shao Yang - Neurodermitis), **Milky Way** (Tai Yang Neurodermitis), **Morning Heaven's Bliss** (Yang Ming Neurodermitis) und **Sunset** (Xue Fen Neurodermitis), **Taming the Bull** (Herpes Zoster - Leber Damp Heat and Toxins), **Refreshing the Valley Tablets** (HerpesHeavenly Streams Genitalis), **Peach Skin Tablets** (Psoriasis) all kind of dermatological prescription based on draining the damp heat and toxins from the jue yin and the blood layer.

This formula has a cold property and should not be used in case of yang deficiency, internal cold, damp and mucus cold, diahrrrea, polyurie, and nycturia.

The average dosage should be 3 x 3 - until 6 tablets a day.

The Patient should refrain from sea food, lamb meat, poultry, sausage, hot spices,garlic, onion, leek, alcohol and vinegar. Damp Heat in Jue Yin

Dampness and Cold - Zhong Liu

707

Great Gateway

25,80

Great Gateway is used for the treatment of damp and cold mucus accumulation in the yang ming (stomach and large intestine) with a strong rebellious stomach Qi. This herbal remedy tonifies the spleen Qi, transforms internal damp, promotes the elimination channels, redirect the rebellious stomach qi downward and calms nausea. **Great Gateway** is an important remedy to treat the side effects of chemotherapy with nausea, sensation of fullness and lack of appetite and to strengthens the middle warmer qi.

Great Gateway can be combined with **Quick belly Movement**, **Digest Tea** (Food Stagnation), **Life Energy** (Spleen Qi Deficiency) but specially **Tiger Mouth** to treat the side effects of Chemotherapy. **Tiger Mouth** is stronger to redirect the stomach Qi downward that **Great Gateway**, both medicine should be used together to enhance their effects.

This herbal remedy should not be used in case of yin deficiency, empty heat, internal dryness, oliguria and dry constipation.

It is requested to take 3 x 3 until 6 tablets a day with some ginger tea and to refrains from damp and mucus producing food like, dairy produces, sugar, cream, acid fruits, exotic fruits, fruit juices, honey, wheat, junk food, microwaves, deep frozen food and raw food.

Neuropathy Symptoms

973

Apollon

25,80

APOLLON is used for the treatment of nerves disorders which happens through accidents or operations but not in case of infectious sicknesses. This herbal remedy nourishes the yin, calms empty heat, clears blood heat, promotes the circulation of qi and blood, opens the luo channels and calms the mind.

The patient should take 3 x 4 until 6 Tablets a day until the symptoms get better. It is very important to be guided from a TCM therapist in order to adjust the treatment the best way as possible.

The patient should refrain from hot spicy food, coffee, black tea even garlic, onion, leek, pepper, ginger all kind of drink which might over stimulate the nervous system should be prohibited and the sleep should be increased.

It is recommended to combine this herbal remedy with **San Bao Tea and Yin Root** in order to increase the yin and stabilise the yang, **Deep Sleep Forte** in order to improve the sleep and in case of depression: **Happy Days**

Neurodermitis - Shao Yang

784

Sunrise

25,80

SUNRISE is used internally for **Atopic dermatitis** (AD, a type of eczema), which is an inflammatory, chronically relapsing, non-contagious and pruritic (that is, itchy) skin disorder. It has been given names like "prurigo Besnier," "neurodermitis," "endogenous eczema," "flexural eczema," "infantile eczema," and "prurigo diathésique".

This herbal remedy is used for the treatment of Shao Yang (gallbladder and san chiao) atopic dermatitis. **SUNRISE** guides the phlegm/damp heat and toxins through the elimination channels, unblock the circulation of the san chiao, promotes urination, clears blood heat, dissolves blood stasis, relieves skin itching and calms the mind. **SUNRISE** is used for the acute, related stress, conflicts and shock type of neurodermitis or eczema. The rash is mostly on the shao yang area of the face and the body: upper eye lid, around the ears, side of the head, between the eyebrows but also back of the knees (bladder 40) and inside of the elbows (pericard 3). **SUNRISE** should always be combined with **MORNING HEAVEN'S BALM**.

CLEANING DAYS is recommended to remove phlegm/damp heat from the gallbladder, liver and blood layer.

The patient should refrain from hot spices, fried and greasy foods, lamb, fish, seafood, fish, alcohol and especially garlic, onion, leek, chives, vinegar, chilli and pepper.

Neurodermitis - Tai Yang

897

Milky Way

25,80

Milky Way wird für die Behandlung von Tai Yang (Dünndarm und Blase) Neurodermitis verwendet. Dieses Präparat leitet Tai Yang Nässe Hitze und Toxine über die Diurese aus, klärt Blut Hitze, löst Blut Stau auf, lindert Juckreiz, klärt Herz Feuer, beruhigt Shen.

Milky Way is used for the treatment of Tai Yang Neurodermitis (small intestine and bladder). This herbal remedy clears damp heat and toxins through urination, blood heat, dissolves blood stasis,

Milky Way wird für die akute, Stress, Konflikt und Schock bedingte Form von Neurodermitis verwendet. Ebenfalls wenn der Hautausschlag dem Tai Yang entlang verläuft (Schulterblätter, Rücken, Nacken, Ohren, Augen und Gesicht). Der Patient sollte auf scharfe und heiße Gewürze, gebratene und fettige Speisen, Lammfleisch, Fisch, Meeresfrüchte, Alkohol und vor allem Zwiebeln, Dill, Frühlingszwiebel und Schnittlauch verzichten. Dieses Präparat lässt sich für die akute Manifestation von Neurodermitis sehr gut mit **Sunrise** (shao yang) oder **Morning Heaven's Bliss** (yang ming) kombinieren. Die Verschreibungs Reihenfolge wäre: Vormittags: **Sunrise**, Mittags: **Morgen heaven's bliss** und am Nachmittag: **Milky Way**. Auf diese Weise werden die drei Yang Schichten gleichzeitig therapiert. Jeweils 3 bis 5 Presslinge 12 bis 30 Tage lang.

Neurodermitis - Blood Layer

785

Sunset

25,80

SUNSET is used internally for **Atopic dermatitis (AD, a type of eczema)**, which is an inflammatory, chronically relapsing, non-contagious and pruritic (that is, itchy) skin disorder. It has been given names like "prurigo Besnier," "neurodermitis," "endogenous eczema," "flexural eczema," "infantile eczema," and "prurigo diathésique".

SUNSET is applied for the treatment of dermatitis which occurs after birth (embryological toxins) vaccinations or in chronic stage with yin deficiency and empty heat. This herbal formula penetrates in the blood layer (Xue Fen), removes phlegm heat and toxins from the blood layer, clears blood heat, moves the blood, dispels skin wind, relieves itching, protects the Yin, controls empty heat, improves the sleep and calm the mind. In case of breast feeding, the mother should take the herbal remedy for the baby.

Watch out: the skin may be dry, but still phlegm heat and blood stasis hides under the skin. **SUNSET** should be combined with **AFTERNOON HEAVEN'S BALM**. The rash manifests itself mainly around the eyes, mouth, face, back of the knees (bladder 40) and inside the elbows (pericard 3). A good strategy is **SUNRISE** in the morning to clear the yang channels together with **SUNSET** in the late afternoon to clear empty heat, this is called treating the root and branches at the same time. In the same way one can use **MORNING HEAVEN'S BALM** in the morning and **AFTERNOON HEAVEN'S BALM** in the afternoon.

The patient should refrain from deep frozen and microwave food, junk food, sugar, fish, seafood, lamb, chicken, acid fruits, orange juice, walnuts, alcohol, red wine and hot spices. The child should not drink fennel, caraway, coriander, star anis and anis tea.

Neurodermitis - Yang Ming

287

Morning Heaven´s Bliss Tablets

25,80

MORNING HEAVEN'S BLISS TABLETS is used externally for **Atopic dermatitis (AD, a type of eczema)** is an inflammatory, chronically relapsing, non-contagious and pruritic (that is, itchy) skin disorder. It has been given names like "prurigo Besnier," "neurodermitis," "endogenous eczema," "flexural eczema," "infantile eczema," and "prurigo diathésique" for the chronic and dry type of neurodermitis.

This herbal formula drains damp heat toxins from the yang ming and blood layer, clears blood heat, dissolves blood stasis the blood, dredges the Luo and main channels, dispels skin wind, relieves skin itching, clears heart fire and calms the mind.

MORNING HEAVEN'S BLISS and SUNRISE can be combined together with MORNING HEAVEN'S BALM externally. The combination of both herbal formulas can be very efficient to dredge the blood vessels, luo and main channels of yang ming and shao yang at the same time.

Those herbal formulas should only be used in cases of yang deficiency with internal damp or phlegm cold.

The patient should refrain from tobacco, coffee, seafood, lamb, poultry, pork, alcohol, sugar, garlic, onion, leek, chives, chilli, pepper, walnut, orange juice, tropical fruits, vinegar, red wine, fish, shells and hot spices.

Neurodermitis - Chronic

284

Afternoon Heaven´s Bliss Tablets

25,80

AFTERNOON HEAVEN'S BLISS TABLETS are used for Atopic dermatitis (AD, a type of eczema) is an inflammatory, chronically relapsing, non-contagious and pruritic (that is, itchy) skin disorder. It has been given names like "prurigo Besnier," "neurodermitis," "endogenous eczema," "flexural eczema," "infantile eczema," and "prurigo diathésique".

This herbal remedy is used for the chronic and dry type of Atopic dermatitis. It nourishes the yin without producing any internal damp or stagnation, clears kidney empty heat, clears blood heat, moves the blood, dissolves blood stasis, opens the Luo vessels and relieves skin itching. This formula should be used with AFTERNOON HEAVEN'S BLISS BALM in order to enhance its properties.

The patient should refrain from deep frozen and microwaves food, junk food, seafood, fish, hot spices, alcohol, lamb, chicken meat, garlic, onion, leek, chives, pepper, vinegar and sugar. AFTERNOON HEAVEN'S BLISS TABLETS are contraindicated in case of yang deficiency and damp cold.

Neurodermatis - Balm

404

Morning Heaven´s Balm - 100ml

22,50

MORNING HEAVEN'S BALM is used externally for **Atopic dermatitis (AD, a type of eczema)** is an inflammatory, chronically relapsing, non-contagious and pruritic (that is, itchy) skin disorder. It has been given names like "prurigo Besnier," "neurodermitis," "endogenous eczema," "flexural eczema," "infantile eczema," and "prurigo diathésique" for the chronic and dry type of neurodermitis. This preparation can be combined with SUNRISE (Gallbladder damp heat) and MORNING HEAVEN ´S BLISS TABLETS (yang ming damp heat).

This balm does not dry the skin, but drains damp heat toxins, clears blood heat, moves the blood, opens the LUO vessels, dispels skin wind and relieves skin itching. This marvellous balm should be applied several times during the day.

The patient should refrain from tobacco, coffee, seafood, lamb, poultry, pork, alcohol, sugar, garlic, onion, leek, chives, chilli, pepper, walnut, orange juice, tropical fruits, vinegar, red wine, fish, shells and hot spices.

Neurodermitis - Balm

403

Afternoon Heaven´s Balm - 100ml

23,00

AFTERNOON HEAVEN'S BALM is used externally for Atopic dermatitis (AD, a type of eczema) is an inflammatory, chronically relapsing, non-contagious and pruritic (that is, itchy) skin disorder. It has been given names Atopic dermatitis like "prurigo Besnier," "neurodermitis," "endogenous eczema," "flexural eczema," "infantile eczema," and "prurigo diathésique" for the chronic and dry type of neurodermitis. This herbal balm does not clog the skin or the tissues but removes heat toxins and hidden phlegm from the deep layers. AFTERNOON HEAVEN'S BALM dredges the LUO vessels, promotes the blood circulation, dispels skin wind and itching. This herbal balm should be used together with SUNSET in case of embryological toxins or vaccination and AFTERNOON HEAVEN´S BLISS TABLETS for the yin deficiency type with empty heat.

The patient should refrain form deep frozen and microwaves food, junk food, seafood, fish, hot spices, alcohol, lamb, chicken meat, garlic, onion, leek, chives, pepper, vinegar, tabasco and sugar.

Stones - Kidneys

382

Black Stone

25,80

BLACK STONE is used for the treatment of kidney (nephrolithiasis), bladder (cystolithiasis) and urethra (ureterolithiasis) stones. This herbal formula eliminates damp heat, promotes urination and opens the elimination channels, softens indurations and stones, disperses Qi and blood stasis and relieves pain without exhausting the kidney Yin.

BLACK STONES can combine with **HOT STREAM** in case of bladder infection with Damp Heat and Toxins or **COLD STREAM** for the secondary type of bladder infection with cold Kidney and Spleen Qi deficiency. This herbal medicine should be applied with care in case of Yang deficiency of the kidneys or kidneys insufficiency.

Dietary factors that increase the risk of stone formation include low fluid intake and high dietary intake of animal protein, sodium, refined sugars, fructose and high fructose corn syrup, oxalate, grapefruit juice, apple juice, coffee, black tea, ham sausage, bacon, cheese, supplemental calcium , fluoridation of drinking water and cola drinks.

Hip Fracture

974

Zeus

25,80

ZEUS is the name for the acupuncture point gallbladder 30. This herbal remedy has been created for the treatment of Hip Fracture. **ZEUS** promotes the qi and blood circulation, dissolves blood stasis, consolidates the bones and tissues and reduces pain.

The patient should take this medicine between 30 until 120 days together with some other kidneys tonics like **Rinchen Tea, San Bao Tea, Yin and Yang** but specially there is a close relation between the gallbladder and the heart (time table), it is recommended, in order to avoid some heart troubles 90 days later, specially we old patient, to strengthens the heart qi with **Life Elixir**. The patient should apply externally , as often as possible, **Free Flow Gel, Oil and Tincture**. This formula protect against thrombosis too. The patient should refrain from cold food and drinks and take some chicken broth - **Power Soup** - with herbs for the Qi, Blood and Yin regularly. Zeus

Ödema

379

Water Way

25,80

WATERWAY is used for the treatment of edema. This herbal remedy warms the kidney and spleen yang, tonifies the Qi, stimulates the internal circulation of liquids, unblocks the san chiao and promotes urination without exhausting the yin. **WATERWAY** should be combined with **YANG ROOT** or **RINCHEN TEA** to warm the kidneys and nourish the essence with warm herbs, **LIFE ENERGY** to boost the spleen Qi, **SEA OF QI** to lift the Yuan Qi up to the head and **SECRET POWER** to warm the kidneys and improve the libido. This formula should not be used in case of Yin deficiency with empty heat or internal dryness.

The patient should stop cold and raw food, salad, tomato, cucumber, coffee, black and green tea, dairy products, sugar, fruits and reduce the intake of cold drin

Hypogalactia

982

Nectar Drops

25,80

Nectar Drops is used for the treatment of Postpartum Hypogalactia. This herbal formula, relax the qi, harmonises the relation between the wood and the earth, nourishes the essence and blood and tonifies chong and ren mai.

The patient should take 3 x 3 until 6 Tablets a day together with meat broth prepared with herbs to nourish the blood and the essence. It is sometimes requested to boost the yang qi too in order to increase the milk production. This formula should be taken over a long periode of time until the milk produktion is sufficient.

Nectar Drops should not be used in case of Yang Ming damp heat and toxins, akut and painful mastitis.

The Patient should refrain from deep frozen food, microwave, cold food and drinks, specially green salad, tomatoe, cucumber, eggplant, acid fruits, oranges and so on.

Osteoporosis

370

Iron Bridge

25,80

IRONBRIDGE is used for the treatment of osteoporosis and weak bones structure. This preparation tonifies the postnatal source of JING, transforms dampness, stimulates food absorption, strengthens the kidney Qi and Jing, nourishes and moves the blood. In addition, **LIFE ENERGY** can be added to enhance the spleen Qi, transform the yang ming dampness and stimulate the food absorption, **YANG ROOT** and **RINCHEN TEA** are very precious supplements, to warm the kidneys and nourish the kidney essence.

The treatment for the bone structure should be take at least 1 to 3 years. It is very important to note that the bone density has its root in the earth element. Hence the need to promote the food absorption in osteoporotic complaints.

The patient should refrain from deep frozen food, microwave, dairy products specially milk, yogurt and cheese, soy products of any kind, calcium supplements and cold raw foods like green salad, tomato and cucumber.

Oestrogen Deficiency

371

Moon Essence

25,80

MOON ESSENCE is used for the treatment of oestrogen deficiency with severe hot flashes, night sweats, panic attacks, insomnia and restlessness. This herbal formula tonifies the postnatal source of the Jing, nourishes the body fluids and the blood without creating any internal damp, clears empty heat, calms the stomach fire, harmonises the Qiao Mai and lowers the uprising of the liver yang. **MOON ESSENCE** is a natural oestrogen substitute which can be used safely over a long period of time. This herbal remedy should not be used in case of yang deficiency with internal damp cold. **MOON ESSENCE** can be used together with **COOL MOON**, which has a similar property but is not as strong as **MOON ESSENCE** in controlling Gu Zheng syndromes with restlessness, hot extremities and insomnia. **YIN ROOT** and **SAN BAO TEA** can also be used to reinforce the kidney yin and Qi and **DEEP SLEEP FORTE** to improve the sleep and balance the Qiao Mai. The best period of time to take **MOON ESSENCE** is in the late afternoon or before going to sleep. It is suggested to take **COOL MOON** in the morning and **MOON ESSENCE** in the late afternoon.

The patient should avoid tobacco, alcohol, hot spices, garlic, onion, leek, pepper, seafood, lamb, poultry, coffee and black tea.

Otitis Media - Acute

298

Red Shell

25,80

RED SHELL is used for the treatment of acute inflammation of the middle ear, with earache and fever. This herbal remedy dispels wind heat from the Shao Yang, dredges the Luo channels, clears and eliminates phlegm heat and toxins and relieves pain. **RED SHELL** should be administered in high doses, and can be combined with **GREEN PROTECTION SCREEN** and **THROAT COOLING DEW** in case of strong infection or Flu.

It is also important to combine the treatment with acupuncture and to refrain from fried, oily and spicy food; garlic and onions are also not allowed. Otitis Media Acute

Otitis Media - Chronic

310

White Shell

25,80

WHITE SHELLS is used for the treatment of chronic otitis media. Many children have chronic otitis media due to spleen Qi deficiency with secondary large intestine damp heat and toxins accumulation. This is mostly the consequence from a bad diet with too much sweets and chocolate. **WHITE SHELL** tonifies the spleen Qi, transforms dampness, promotes the digestion of carbohydrates, eliminates the secondary damp heat and toxins, promotes the bowel movement, opens the senses and relieves pain. If it doesn't help, **RED SHELL** should be used immediately.

The patient should refrain from candies, sugar, coca cola, honey, chocolate, dairy products, yogurt with fruits and sugar.

Otitis Media - Drops

1019

Ear Drops

9,50

Ear Drops should be used for the lokal tretment of painful Otitis Media with inflammation and pus. This herbal remedy, clears damp heat and toxins, stop pain and promotes locally the circulation of the blood. This medical oil has very high antibiotic and antiinflammatory properties but should not be used in case of wind cold or sprains in this area.

The bottle should be warm up in the hands before used. Pour a drop in the affected ear and massage softly to be sure that the medicine has gone deep enough. You can repeat it few times a day.

This medical oil should be combine with **Red and White Shell** in order to complete its action properly and also with a classical Shan Han Lun Formula like **SHL Taming the Dragon**. It is important for the internal treatment to have a precise differential diagnosis.

The patient should refrain from hot, spicy food during all the treatment.

Pancreatitis

Mother Earth

MOTHER EARTH is used for the treatment of acute pancreatitis. This preparation harmonises the connection between wood and earth or between the liver, gallbladder and the pancreas, clears heat and toxins, removes blood heat, moves the blood, the qi and relieves pain.

It is recommended to take 4 x 4 to 6 tablets a day. The duration of the therapy is still determined by the TCM doctor.

This preparation can be combined with: No Worry (Qi Stagnation and Stress), Six Flowers (Qi and Blood Jam), Happy Days (Frustration - Depression), Open Space (Gastritis), SHL Taming the Dragon (Shao Yang Qi Jam) Combine. It is especially important that the patient abstains from alcohol and hot spices.

The patient should abstain from stress, alcohol, tobacco, hot and spicy spices, garlic, leeks, onion, chives, chilli, Tabasco, vinegar, lamb, seafood.

Pap Syndrome - Tablets

715

Phoenix Mouth Tablets

25,80

PHOENIX MOUTH TABLETS is used for the treatment of PAP syndrom. This important herbal remedy should be taken over a long period of time specially if the PAP is high. The treatment should be at least for a month. Phoenix Mouth Tablets eliminates damp heat and toxins from the lower burner, moves the qi, dissolves blood stasis, clears blood heat and enhance the qi and blood circulation the beld meridian. It is important to have regular medical check while taking this prescription in order to be sure that the PAP is moving down.

This herbal remedy can be combined with : Hot Damp Belt (yellowish vaginal discharge - huang dai)), Peaceful Valley (Mycosis), Cleansing Days (liver damp heat), Phoenix Mouth suppository (Pap Syndrome), Hot Stream (acute cystitis), Lady's Relief (Mastopathy), Easy Flow Heat (Dysmenorrhea with heat), Yellow Dragon (Hepatitis B), Water Separation (under warmer damp heat).

The patient should refrain from sweet alcohol, porks meat, sugar, oily and greasy food, hot spices, seafood, lamb, smocking tobacco, chocolate and vinegar.

Pap Syndrome - Suppository

716

Phoenix Mouth Supp. - 20st

27,50

PHOENIX MOUTH SUPPOSITARY is used for the treatment of PAP syndrom. This important herbal remedy should be taken over a long period of time specially if the PAP is high. The treatment should be at least for a month. Phoenix Mouth Suppository eliminates locally damp heat and toxins from the lower burner, moves the qi, dissolves blood stasis, clears blood heat and enhance the qi and blood circulation the beld meridian. It is important to have regular medical check while taking this prescription in order to be sure that the PAP is moving down.

The patient should use 1 suppository a day together with the tablets .

This herbal remedy can be combined with : Phoenix Mouth Tablets, Hot Damp Belt (yellowish vaginal discharge - huang dai)), Peaceful Valley (Mycosis), Cleansing Days (liver damp heat), Phoenix Mouth suppository (Pap Syndrome), Hot Stream (acute cystitis), Lady´ s Relief (Mastopathy), Easy Flow Heat (Dysmenorrhea with heat), Yellow Dragon (Hepatitis B), Water Separation (under warmer damp heat).

The patient should refrain from sweet alcohol, porks meat, sugar, oily and greasy food, hot spices, seafood, lamb, smocking tobacco, chocolate and vinegar. Phoenix Mouth Supp. - 20st

Parkinson

779

Calming the Wind

25,80

CALMING THE WIND is used for the treatment of Parkinson and similar patterns of disease. This herbal remedy dispels and controls wind phlegm (Feng Tan), dredges Shao Yang and Yang Ming channels, opens the eight subtle channels of the heart, free the Luo vessels and main channels from phlegm and blood stasis, fills the body essence (jing) and nourishes the brain. **CALMING THE WIND** should be taken over a long period of time to unfold its healing properties completely. This herbal remedy can be combined with **PEACEFUL GENERAL** to reduce the viscosity of the blood and cholesterol, **CALM RELIEF** in case of high blood pressure, **QUICK BELLY MOVEMENT** and **DIGEST TEA** to improve the digestion and protect the heart and the brain indirectly through dredging the elimination channels.

The patient should refrain from microwave food, frozen food, sweetener (aspartame), aluminium vessels, coffee, pork, coca cola and any kind of junk food.

Gingivitis - Periodontidis

372

Dragon´ s Pearls

25,80

DRAGON'S PEARL is used for the treatment of gingivitis, periodonditis and bleeding gum. **DRAGON'S PEARL** nourishes yin, controls the empty fire of the kidneys, clears stomach fire, clears blood heat, removes hidden fire toxins (strong antibiotic properties), regenerate the flesh, consolidates the bones, strengthens the blood vessels and stop bleeding. **DRAGON'S PEARL** harmonises kidneys and stomach and because of the close relation between the gum, and the stomach it can be combined efficiently with many digestive formulas like: **OPEN SPACE** if there is gastritis, **CONFIDENCE** for the treatment of stomach ulcer, **TEMPLE OF PEACE** in case of duodenum ulcer, **QUICK BELLY MOVEMENT** to reduce the food stagnation, **NO WORRY** to calm the mind and **HAPPY DAYS** to relax the constraint Qi and clear the channels of the heart. The strengthening of the kidney yin will provide more stability in the treatment and enhance the relation between the stomach and the water element. **YIN ROOT** and **SAN BAO TEA** should be taken in the afternoon in order to control the empty heat and protect the gum and the teeth. This formula should not be used in case of yang deficiency and internal damp cold.

The patient should refrain from smoking, coffee, hot spices, lamb, poultry, chicken, seafood, pepper, chilli, ginger, aromatic herbs and vinegar.

Mononucleosis

Secret Spell

SECRET SPELL is used for the treatment of infectious mononucleosis disease. This patent formula acts against the Epstein-Barr virus (EBV) or removes damp heat toxins in which heat predominate, from the deep layer of the organism, from the blood layer (Xue Fen). The disease is associated with incubation time (4 to 6 weeks).

Secret Spell clears damp heat toxins (virus), softens toxic accumulations and hardenings in the upper warmer (lymph), relieves pain, clears fever and generally clarifies fire toxins and swellings.

This preparation should only be used in the acute stage for at least 12 days. The duration of the therapy is always determined by the TCM therapist and varies according to the diagnostic.

The patient should refrain from: fried and fatty foods, hot and spicy, lamb, seafood, pork, cheese, sugar, vinegar, chocolate, and alcohol.

This patent formula can be combined with WBL Great Protection Screen, Throat Cooling Dew Tablets, and Spray, Fleming (antibiotic) very well. A 12-day cure in spring with Cleansing Days Tablets and Tea would be indeed perfect to get rid of damp heat and toxins in the liver and bloodstream (Jue Yin)

Pneumonia - Acute

373

White Tiger

25,80

WHITE TIGER is recommended for the treatment of pneumonia with high fever but without constipation. This preparation clears Yang Ming and Qi Fen Fire, eliminates fire toxins from the lungs, lowers the lung Qi, alleviates severe coughing and has a strong fever reducing effect. **WHITE TIGER** should be administered in high doses (3 to 4 x 10 tablets a day) or even as a decoction to prevent the pathogens influence to penetrate deeper and injured the PO. This preparation should be combined with **COOLING DEW SUPP.** to reduce the fever, **SHL DRY EARTH** in case of high fever with constipation, **WIND TIGER SIRUP** if there is dry coughing with yellowish and sticky sputum and **WBL GREEN PROTECTION SCREEN INHALATION** to ventilate the lungs. **WHITE TIGER** should not be prescribed for the treatment of chronic pneumonia without fever as it would damage the yang Qi. The patient should refrain from hot spices and animal protein.

Pre-Eklampsia

1003

Calming the Storm

25,80

CALMING THE STORM This herbal remedy has be created for the treatment of Pre-Eklampsia. Only TCM Doctors having a profound a TCM knowledge should treat such cases. This formula nourishes the yin, strengthens the kidney qi, downbears the yang, clears the subtle channels of the heart and calm internal wind (Nei Feng) and also the mind (Shen).

The patient should take 3 x 4 until 9 Tablets a day together with some Chrysanthemum tea in order to enhance the effects. This formula can be combined with **Calming the Wind** in case of hypertension, **San Bao Tea** to nourish the essence and also **Deep Sleep Forte** to promote the sleep.

The patient should refrain from all hot spicy food, poultry, mutton, seafood, vinegar, alcohol and keep a simple diet trying also to avoid stress.

Tibia - Bruises and Sprains

1004

Pan

25,80

PAN is used for bruises and sprains at the tibia area . This herbal remedy should be used immediately in combination with **free flow gel, oil and tincture** after the accident. **Pan** moves the qi, dissolves blood stasis, reduces pain and regenerates the tissues and ligaments.

The patient should take 3 x 4 until 6 tablets between 12 - 30 days and refrain from cold food and drinks, specially dairy produces, fruits juices and acid fruits.

Prostata Hypertrophy

374

Big Pearl

25,80

BIG PEARL is used for the treatment of hypertrophy of the prostate gland. This herbal remedy warms the kidney yang, stimulates the gate of life, consolidates the Kidney Qi, nourishes essence (JING), resolves dampness, improves urination, softens indurations, masses and hardenings, moves the Qi and the blood and prevents generally stagnation in the prostate. **BIG PEARL** acts as a preventive measure against **ZHONG LIU** (cancer) and should be used in combination with **YANG ROOT, RINCHEN TEA** to warm and nourish more efficiently the kidneys and **SECRET POWER** in case of erectile dysfunction and infertility. **BIG PEARL** should not be used in case of prostatitis, damp heat, fire or yin deficiency with empty Fire.

The patient should give up all dairy products, fried foods, baked foods with cheese, sugar, fruit juices, tropical fruits, acid food, pork and tobacco which is a great danger for the prostate.

Prostate Inflammation

375

Red Pearl

25,80

RED PEARL is used for the treatment of acute prostate inflammation. This preparation drains damp heat and toxins from the liver, bladder and belt meridian (Dai Mai), improves urination, clears blood heat, prevents blood stasis in the prostate and moves the Qi of the lower burner. **RED PEARL** can be combined with **HOT STREAM** in case of infection. This herbal remedy should not be used in case of kidney yang deficiency or internal damp cold accumulation in the lower burner.

The patient should refrain from for tobacco, alcohol, spicy and hot foods, coffee, chilli, garlic, onion and pepper.

Psoriasis - Bath

492

Peach Skin Badesalz - 900g

27,00

PEACH SKIN BATH is used externally for the treatment of psoriasis. This salt bath (from the dead sea) softens the skin, drives the fire toxins via the pores out of the body, clears blood heat, prevents blood stasis, and eliminates dandruff. This herbal bath should be applied in combination with **PEACH SKIN TABLETS** and **BALM**. The patient should strictly watch their diet and give up deep frozen food, microwaves food, cheese, pork, lamb, poultry meat, hot spices, pepper, chilli, garlic, onion, leek, chives, coriander, clove, ginger, fennel, anis, seafood, vinegar, fish and alcohol. It also very important to avoid any vaccinations.

Psoriasis - Tablets

493

Peach Skin Tablets

25,80

PEACH SKIN TABLETS is used for the treatment of the common form of **plaque psoriasis**. Plaques frequently occur on the skin of the elbows and knees, but can affect any area, including the scalp, palms of hands and soles of feet, and genitals. In contrast to eczema, psoriasis is more likely to be found on the outer side of the joint. Psoriasis is not contagious. However, psoriasis has been linked to an increased risk of stroke (Feng Tan) and treating high blood lipid levels may lead to improvement (Tan).

This herbal formula eliminates damp/phlegm heat and fire toxins from the blood layer and liver, clears blood heat, prevents blood stasis, clears the heart fire, dredges the Luo and the main meridian, dispels skin wind, calms the mind and protects the yin.

This formula has a strong draining and clearing property and should be used for the excess type of psoriasis with phlegm heat, blood heat and blood stasis. This herbal formula can be combined together with **PEACH SKIN BALM** and **PEACH SKIN BATH** for a long period of time, **CLEANSING DAY TABLETS** and **TEA** in spring to dredge the jue yin and the blood layer and **PEACEFUL GENERAL** to reduce the viscosity of the blood.

The patient should strictly watch their diet and give up stress, tobacco, coffee, cheese, pork, lamb, poultry meat, hot spices, garlic, onion, leek, chives, pepper, wine, strong alcohol, seafood and fish. It also very important to avoid any vaccinations.

Psoriasis - Balm

807

Peach Skin Balm - 100ml

22,50

PEACH SKIN BALM is used externally for the treatment of psoriasis. This ointment removes phlegm heat from the deep layers of the skin, clears fire toxins, dredges the Luo and main vessels, clears blood heat, dissolves blood stasis, dispels skin wind and scale. This balm should be used many times a day together with **PEACH SKIN TABLETS** and **PEACH SKIN BATH**.

The patient should strictly watch their diet and give up stress, tobacco, coffee, cheese, pork, lamb, poultry meat, cheese, hot spices, garlic, onion, leek, chives, pepper, wine, strong alcohol, seafood and fish. It also very important to avoid any vaccinations.

Lactose Allergy

657

Great Harmony

25,80

Great Harmony is used to harmonise the middle warmer and improves the digestion. This herbal prescription strengthens the spleen qi, transforms the internal dampness, disperses and regulates the Qi and improves the digestion of food. **Great harmony** is an important herbal remedy to treat the side effects of antibiotics and chemotherapy and should be given at the same time.

This important prescription can be used for the treatment of lactose allergy, coeliac disease, candida albicans (fungus), lack of appetite, abdominal distension after eating, sallow complexion, weakness of the four limbs, tiredness and mental dullness after each meal, allergic reactions to carbohydrates and sugar, stuffiness in the chest and epigastrium, feeling of cold in the epigastrium which improves with the application of warmth, feeling of heaviness of the head, sweetish taste in the mouth or absence of taste, no thirst, loose-thin stools, white vaginal discharge, lassitude and feeling of heaviness, headache, nausea.

Tongue body is round, short, enlarged, pale and moist. Tongue coating is thick, sticky, white and moist. The pulse of the yang ming (stomach and large intestine) is large (da), full (shi) and slow (chi). The pulse of the spleen is deep (chen), short (duan), weak (xu) and slow (chi).

Great Harmony should not be given in case of yin deficiency with empty heat and dry constipation.

This herbal remedy can be combined with **Quick Belly Movement, Digest Tea** (food stagnation) and also **Life Energy** (spleen qi with blood deficiency and stasis).

The dosage should be 3 x 3 until 6 Tablets. It is requested to take this herbal remedy together with : 9g foeniculum vulgare semen - , 6g carum carvi semen - , 6g aurantium pericarpium , 6g achillea millefolium herba, 3g amomi fructus - 3g glycyrrhizae uralensis radix . This herbal prescription will protect the middle warmer and boost the postnatal source of the Jing.

The patient should refrain from cold and uncooked food, cold drinks, dairy products, sugar, fruits, fruit juices, green salads, tomatoes, cucumber, potatoes, fresh bread and refined wheat products.

Qi Stagnation - Acute

709

Joyful Days

25,80

Joyful Days disperses constraint qi, dissolves blood stasis, opens the LUO vessels and reduces pain. This herbal remedy can also be used for the classical treatment of qi stagnation affecting the blood circulation with painful menstruation (dysmenorrhea), breast distension (Mastopathie) , angina pectoris (xiong bi syndrom) or depression (yi and shen excess). This is a major formula to disperse constraint qi and blood and can be used in gynaecology to treat painful syndromes.

The dispersing properties of **Joyful Days** are stronger than **Six Flowers** (grasping to an I and fear), **No Worry** (Stress) or **Happy Days** (slight depression). This medicine can be combined with **Easy Flow Cold** (Dysmenorrhea) and all other remedies which promote the circulation of Qi and Blood , reduces pain and specially for the treatment of Zheng Jia Ji Ju disorders.

It is requested to take 3 x 3 until 6 tablets a day together with pot marigold, calendula officinalis, chamomille, matricaria chamomilla and mint, herba menthae tea. Those herbs will enhance the dispersing properties of the formula .

The patient should refrain from deep fried food or heavy food to digest, carbohydrates and eat light food during the treatment.

Exhaustion - Zhong Liu

658

Vitality

25,80

Vitality is used to rescue the 4 roots of the body. This powerful herbal remedy warm the yang, tonifies the Qi, nourish the blood and the jing. Vitality should be used to treat the side effects of life threatening sicknesses and the side effects of chemotherapy (leukopenia - anaemia). This prescription boosts the postnatal source of the qi, lift the qi, promotes the production of kidney essence, consolidates the kidney qi, nourish the jing, the blood, promotes the blood circulation, clears the heart channels, nourish the heart and calm the mind. This herbal remedy can treat symptoms like : strong anaemia, leukopenia (decrease in the number of white blood cells), weight loss, softening of the bones, weakness of the legs and knees, poor memory, loose teeth, falling hair, premature greying of the hair, weakness of sexual activity, infertility, recurrent miscarriage, soreness of the back, pubertal delay, dizziness, tinnitus, vertigo, poor memory, deafness, sore back, ache bones. Tongue body is round, short, narrow, pale or slightly red, with little coating and horizontal cracks. The tongue coating can be thin and white or slightly yellowish in colour. The pulse (kidney yang position) is floating (fu), thin (xi), short (duan), wiry (xian), quick (shuo), empty (xu).

Exhaustion - Zhong Liu

Vitality is made out of slightly warm herbs and should not be used in case of qi stagnation, fire, damp heat, yin deficiency with empty heat, blood heat and infectious sicknesses. The particular quality of this herbal remedy is to strength the yin through preserving the yang. In this particular case, the yin deficiency is the consequence of an exhaustion of the postnatal source of the jing and yang deficiency. This happen when western medicine (cold in nature) or cold herbal prescriptions have been taken over a long period of time.

Vitality can be combined with **Rinchen Tea and Yang Root** to warm the kidney Yang, consolidate the Qi, and nourish the Jing, **Irondrops** to nourish the blood, **Holding the essence** in case of miscarriage **Happy News** to treat infertility and **Secret Power** to treat impotence.

Vitality nourishes the Essence and the blood and reinforces at the same time the yang qi and the postnatal source of the qi. It is a very safe prescription but not to be used in case of empty fire, blood heat and internal dryness.

The average dosage should be 3 x 3 to 9 tablets a day, taken together with some mugwort tea - artemisia vulgaris herba or hot water. The treatment should last at least 120 days.

The patient should avoid microwave and deep frozen food, cold and raw food and drinks, dairy produces, fruits, juices, sugar, tomato, cucumber, green salad, beans, coffee, green and black tea.

Qi and Blood Stagnation

708

Six Flowers

25,80

Six Flowers disperse and relax constraint Qi in very mild way. This exceptional herbal remedy opens and drains the subtle channels of the heart, directs the heart qi downward, clears the heart fire and calms the mind. **Six Flowers** help to profoundly relax and accept the situation as it is. It should be used in case of mental confusion and fear of death.

It is requested to take 3 x 3 until 6 tablets a day together with passion flower (passionate incarnata), st john wort (hypericum perforatum) or **Happy Tea** which is a western tea composition to relax and improve the sleep

The patient should refrains from alcohol, coffee, tobacco, chocolate and drogues.

Smocking - Side Effects

808

Mountain Peak

25,80

MOUNTAIN PEAK helps to stop smocking and should be used together with acupuncture and psychotherapy.

This herbal remedy soothes the gallbladder Qi, clears internal heat and harmonises the relationship between gall bladder, liver and lung function. It prevents the wood (gallbladder and liver) to attack the metal. **MOUNTAIN PEAKS** protects the lungs Yin, eliminates phlegm heat and hidden fire toxins, clears blood heat, dissolves blood stasis and calms the mind. This precious formula is strengthening the lung Qi, regenerates the lung yin and protects against Zhong Liu.

This herbal formula can be combined with **DEW DROPS** to promote the expectoration of phlegm heat and treat chronic bronchitis, **GENTLE BREATH** in case of Asthma, **HAPPY DAYS** and **NO WORRY** to disperse even stronger the Qi and calm the mind, **BURN OUT RELIEF** in case of stress and exhaustion of the yin, **DRY TIGER SIRUP** should be used to promote the expectoration of dry phlegm heat and protect the lung yin, **RINCHEN TEA** and **YANG ROOT** if the yang is deficient or **YIN ROOT** and **SAN BAO TEA** to nourish the yin.

This important herbal remedy should be taken at least during 120 days continuously. The patient should refrain from smoking, coffee, black tea, alcohol and hot spices.

Sportsman

1058

Running Man

RUNNING MAN is used for the treatment of RLS. This herbal compound, nourishes the yin and the blood without producing neither damp noch internal mucus. The major function is to open and enhance the circulation of Qi and Blood in the LUO Channels specially from the lower limbs. This herbal formula is rather moving than nourishing and target mainly the LUO MAI.

RUNNING MAN should not be used in case of Pathogenic Influences, Yang deficiency and Yang Ming Damp Cold Stagnation. Because of the blood moving property of this formula it is prohibited to use during pregnancy and also with caution if the patient is using blood liquifying western medicine.

The patient should refrain from smocking tobacco, coffee, black tea, hot spices, deep fried and greasy food. It is recommended to use 3 x 4 Tbl a day. The dosage can be increased according to the need. The treatment should be at least 12 days but can be prolonged in case of necessity.

RLS Restless Legs Syndrom

1059

Running Woman

RUNNING WOMEN is used for the treatment of RLS resulting from Damp Heat, Mucus and Blood stasis, obstructing the free flow of the LUO MAI. This is the nature of Dampness to move downward and Transform into damp heat, thick mucus and obstructs the free flow of Qi and Blood in the Under Warmer and in the LUO MAI of the legs. This is the stagnation of Qi and Blood in the LUO MAI which produced symptoms like: burning sensation, pain, restlessness and spasm.

RUNNING WOMEN should not be used in case of Yin deficiency, Empty Heat, Blood Heat, during pregnancy and also together with western blood moving formulas, heparin and aspirin.

The Patient should refrain from coffee, black tea, hot spices, greasy food and fried food, alcohol, garlic, onion, leek, sausage, porks meat, cheese and smocking.

The dosage should be 3 x 4 until 6 Tbl a day and can be increase if it is needed.

Easy Movement Tea

Easy Movement Tea is used for the treatment of Bian Zheng Syndrom (Rheumatism) primary resulting form Wind Cold and Damp . This herbal formula put more emphasis on cold and damp.

Easy Movement Tea eliminates Wind Cold and Damp, Open the LUO Channels ,Promotes the circulation of Qi and Blood, strengthens the Immunsystem und reduces pains.

The patient sould refrains form all kind of dairy produces, specially Joghurt, fruits and fruits juices, sugar, cold food and coffee, black and green tea, fruits tea, cold water , peppermint tea, pu er tea, oolong tea, sencha tea, gen mai tea and so on

This formula is not allowed during pregnancy and should never be ued in case of inflammation of the joints, empty heat oder damp heat rhumatism. The dosage should be between 1 or 3 cups a day during at least 12 days.

Preparation: Drink a cup of the following prepared tea infusion three times a day : 2 bigspoonful Easy Movement Tea poured with boiling water (150 ml) after 10 to 15 minutes strain the infusion. For acute symptoms that last longer than a week or recur periodically , the consultation with a TCM doctor is recommended.

Easy Movement Tea can be combined sucessfully with **Easy Cold Movement, Rinchen Tea and Yang Root**, to protect the Yang and strenghtens and improve the circulation of the Wei Yang

Rheumatism - Feng Shi Re Bi

377

Hot Easy Movement

25,80

HOT EASY MOVEMENT is applied for the treatment of inflammatory rheumatism (Feng Shi Re Bi). This herbal formula opens the LUO and main channels, clears heat toxins (anti-inflammatory), reduces swelling, prevents phlegm (tan) deposition and blood stasis in the joints, stimulates the elimination channels, promotes the mobility of all four limbs and reduces pain. This preparation should be combined with CLEANSING DAYS for a detoxification cure of 12 days. This Formula should not be used in case of Wind Cold Damp and deficiency of the Yang.

The patient should refrain from animal protein, cheese, alcohol, hot spices, garlic, onion, leek, beans, seafood and shells during the treatment.

Rheumatism - Wind Cold Damp

301

Cold Easy Movement

25,80

COLD EASY MOVEMENT is used for the treatment of Bi syndromes caused by wind, cold and rain (Feng Han Shi Bi). This preparation warms the yang, tonifies the Qi of the spleen, moves the blood, preventing blood out of cold storage, sells invading wind, the cold and wet ground, opens the LUO vessels, promotes mobility of all four limbs and reduces pain. This preparation can be very good with Yang and Root

Rinchen Tea (Kidney Yang deficiency) combine and hot food. This preparation can be complemented very well with FreeFlow gel, oil and spray. The patient should refrain from raw food, citrus fruits, all dairy products, sugar and exotic fruits.Cold Easy Movement

Rheumoid Arthritis - Wind Cold Damp

975

Grasping the Wind - 2

25,80

GRASPING THE WIND 2 is used for the treatment of Rheumatoid Arthritis. This herbal formula eliminate Wind, Cold and Damp, opens the Luo channels, enhance the circulation of Blut and Qi, dissolves Tan accumulation in the joints and reduces pain. The patient should take at least between 3 x 3 until 3 x 6 tablets a day during a period of time of 15 days and refrain from cold food and drinks, specially dairy produces, fruits, juices and sugar. This herbal remedy can be combined with: **Easy Movement Cold** to elimintate even more Wind , Cold and Damp and warm the Yang and Yuan Yang with: **Yang Root, Warming the Root, Secret Power and Rinchen Tea.**

Rheumoid Arthritis - Damp Heat Toxins

976

Grasping the Wind - 1

25,80

GRASPING THE WIND is used for the treatment of Rheumatoid Arthritis (RA) . This herbal formula open the Luo channels, eliminates damp heat and toxins, dissolves blood stasis and tan, promotes the circulation of qi and reduces pain. The dosage should be 3 x 3 until 6 tablets a day but the dosage should be adapted to the ages and the degree of of the sickness. The patient should refrain from deep fried and greasy food, hot spices, lamb, chicken, seafood, vinegar, sugar and alcohol, The relation between the joints and the yang ming should always been taken into great consideration here and also shao yang, the heart and the blood layer. This herba remedy can be combined with : **Bright Summer Time** in case of yang ming damp heat and toxins infections or infectious sicknesses happening in damp and hot countries, **Removing the Clouds** in case of shi wen or late summer weather and sicknesses, **Easy movement** for the treatment of re bi and shi re bi syndroms, **Cleaning Days Tablets und Tea** can be also very helpful to eliminate generally the damp heat from the liver and blood layers and **Five herbs** is also very powerful to eliminate damp heat toxins and prevents zhong liu and also **Five Dragons** to open in a strong way the Luo channels. This herbal remedy as cold and draining property and should not be during pregnancy, breast feeding, yang deficiency, yang ming damp cold, diahrrea and polyuria not allowed.

Rubella - Chronic

791

Rebirth 2

25,80

REBIRTH 2 is used for the treatment of rubella which moves in the Qi, Ying Fen and Xue Fen and should be taken in high dosage. The patient will have a dense rash with red or deep red colour, high fever, swollen glands (sub occipital & posterior cervical lymphadenopathy) , thirst, constipation, dark and scanty urine, red tongue with yellowish fur, rapid and forceful (hong mai) pulse. This strong herbal remedy removes fire toxins and blood heat from the Xue Fen, it reduces fever and calms the mind.

When the pathogenic factors have penetrated in the deep layers, it is important to apply as quickly as possible the right treatment. In an emergency case, all Wen Bing Lun formulas should be administered as a decoction

This formula can be used together with REBIRTH 1 or as a decoction. This formula should not be used for the treatment of wind cold or yang deficiency with internal damp cold.

The child should refrain from sugar, chocolate, candies, sweet drinks and animal protein.

Rubella - Acute

790

Rebirth 1

25,80

REBIRTH 1 is used for the treatment of rubella in the Wei Fen stage. After an incubation period of 14–21 days, German measles causes symptoms that are similar to the flu (Wei Fen syndrome). The primary symptom of rubella virus infection is the appearance of a rash (exanthem) on the face which spreads to the trunk and limbs and usually fades after three days (that is why it is often referred to as three-day measles). The facial rash usually clears as it spreads to other parts of the body. Other symptoms include low grade fever, swollen glands (sub occipital & posterior cervical lymphadenopathy), joint pain, headache and conjunctivitis. The swollen glands or lymph nodes can persist for up to a week and the fever rarely rises above 38.0 C (100.40 F). The rash of German measles is typically pink or light red. The rash causes itching and often lasts for about three days. The rash disappears after a few days with no staining or peeling of the skin. When the rash clears up, the skin might shed in very small flakes where the rash had covered it. Forchheimer's sign occurs in 20% of cases, and is characterized by small, red papules on the area of the soft palate.

REBIRTH 1 dispels wind heat toxins (Feng Re Du) but also penetrates in the Xue Fen and eliminates fire toxin from blood layer, reduces fever, relieves pain and calms the mind.

We should never forget that the pathogen factor is hiding in the blood layer (Xue Fen – Incubation) and manifest in the Wei Fen (Skin). It is always important to keep this understanding during the treatment of infectious sicknesses.

This preparation should be administered immediately in high doses and taken in combination with **REBIRTH 2** if the symptoms do not improve. In an Emergency case, all Wen Bing Lun formulas should be administered as a decoction. This formula should not be used for the treatment of wind cold or yang deficiency with internal damp cold.

The child should refrain from sugar, chocolate, candies, sweet drink, spices and animal protein.

Low Back Pain

299

Earth Pillar

25,80

EARTH PILLAR is used for treatment of chronic lower backache (lumbago). This herbal remedy warms the kidney yang, dispels wind damp and cold from the lumbar area, dissolves blood stasis, relieves pain and opens the Luo vessels. **EARTH PILLAR** can be combined with **COLD EASY MOVEMENTS** in case of cold damp rheumatism, **YANG ROOT** and **RINCHEN TEA** to warm the kidney yang, **SECRET POWER** to warm the gate of life and enhance the libido and **IRON BRIDGE** in case of osteoporosis.

FREE FLOW GEL, **OIL** and **SPRAY** can be used externally in case of pain. If the pain is unbearable, one should add **FREE FLOW TABLETS** and apply the **SPRAY** and **OIL** few times a day.

The patient should refrain from cold food, raw vegetables, green salad, cucumber, tomato, eggplant, potato, sugar, fruits, dairy products, soya products, tofu, green, black tea and coffee.

Scarlet Fever - Chronic Stage

800

Blazing Sun 2

25,80

BLAZING SUN 2 is used for the treatment of **scarlet fever** in Qi, Ying and Xue Fen stage and should be always administered in high doses (even as a decoction). This highly antibiotic herbal compound eliminates fire toxins (Re Du) from the deep layers, clears blood heat, protect the yin and prevent congestion and pain. This preparation may also be taken together with antibiotics. In case of high fever **COOLING DEW SUPP.** should be used. In case of infectious sicknesses (Wen Bing Lun) the differential diagnosis should be made carefully in order to avoid a wrong treatment.

The patient or child should give up all type of animal proteins, sausage, ham, fish, dairy products and hot spices, fennel, coriander, cloves, peppermint, anise, star anise, nutmeg, seafood and alcohol.

Scarlet Fever 2

Scarlet Fever - Acute Stage

799

Blazing Sun 1

25,80

BLAZING SUN 1 Scarlet Feveris used for the treatment of **scarlet fever** in the Wei and Qi Fen stage.

BLAZING SUN 1 (scarlet fever) should always be administered in high doses (even as a decoction) to prevent the penetratioScarlet Fever 1n of the dangerous fire toxins in the Ying (endocarditis leading to heart valve disease) and Xue Fen (glomerulonephritis). In case of Ying or Xue Fen symptoms this formula should be immediately combined or replaced with **BLAZING SUN 2** (scarlet fever). This herbal remedy may also be taken together with antibiotics. In case of infectious sicknesses (Wen Bing Lun) the differential diagnosis should be made carefully in order to avoid a wrong treatment. This herbal remedy cannot be used for the treatment of Wind Cold and Damp (Feng, Shi, Han) syndromes or Yang deficiency.

The patient or child should give up all type of animal proteins, sausage, ham, fish, dairy products and hot spices, fennel, coriander, cloves, peppermint, anise, star anise, nutmeg, seafood and alcohol.

Hyperthyroidism - Acute

355

Morning Secret Joy

25,80

MORNING SECRET JOY is used for the treatment of hyperfunction of the thyroid gland. This herbal remedy soothes and moves downward the gallbladder and stomach Qi, transforms phlegm heat accumulation in the throat, dredges the Luo vessels, clears blood heat, dissolves blood stasis, clears the heart fire, softens hardening and masses without injuring the yin and calm the mind.

MORNING SECRET JOY harmonizes Shao Yang (wood) and Yang Ming (Earth). This herbal remedy can be combined with **EVENING SECRET JOY** in case of yin deficiency with empty heat. **MORNING SECRET JOY** should be taken in the morning and **EVENING SECRET JOY** in the late afternoon and evening time. This herbal remedy should not be used in case of Yang deficiency with phlegm and cold accumulation in the throat.

The patient should refrain from smoking, coffee, hot spices, alcohol, garlic, onions, leeks and peppers and try to work out his relationship. Hyperthyroidism Excess

Hyperthyroidism Chronic

354

Evening Secret Joy

25,80

EVENING SECRET JOY is used for the treatment of chronic hyper functioning of the thyroid gland (hyperthyroidism). Major clinical signs include weight loss (often accompanied by an increased appetite), anxiety, intolerance to heat, hair loss, muscle aches, weakness, fatigue, hyperactivity, irritability, apathy, polyuria, polydipsia, delirium, tremor, pretibial myxedema, and sweating. This herbal remedy nourishes the yin, clears empty heat and blood heat, prevents blood stasis, softens nodes, lumps and indurations and calm the mind (shen). **EVENING SECRET JOY** can be combined with **YIN ROOT** and **SAN BAO TEA** to nourish the yin and consolidate the Qi, **DEEP SLEEP FORTE** to improves the sleep, **INTELLIGENT LODGE** to calm the conceptual mind, **SPIRITUAL SOUL GATE** to calm the Yang Gui and **ANIMAL SOUL DOOR** to strengthen the PO, the immune system and calm the Yin Gui. This herbal remedy should not be used in case of yang deficiency with internal dampness and phlegm cold.

The patient should refrain from tobacco, coffee, alcohol, black tea, chilli, hot spices, alcohol, garlic, onions leeks, lamb, poultry and seafood.

Hypothyroidism

356

Cold Bliss

25,80

COLD BLISS is used for treatment of underactive thyroid gland (hypothyroidism) with cold intolerance, increased sensitivity to cold, constipation, weight gain and water retention, bradycardia (low heart rate – fewer than sixty beats per minute), fatigue, decreased sweating, muscle cramps and joint pain, dry, itchy skin, depression, poor muscle tone (muscle hypotonia), female infertility; any kind of problems with menstrual cycles, hyperprolactinemia and galactorrhea, goitre and elevated serum cholesterol.

This herbal remedy warms the kidney and spleen yang, dispels internal cold, transforms dampness and phlegm cold, softens indurations and accumulation in the throat (goitre), warms and moves the blood (hypothermia), harmonizes the relationship between liver and stomach (depression) and opens the channels of the heart.

This herbal remedy should not be used in case fire, blood heat, yin deficiency with empty heat.

This herbal remedy can be combined with **BRIGHT FUTURE** to treat depression, **HAPPY DAYS** in case of deep sexual frustration and bad mood in the early morning, **QUICK BELLY MOVEMENT** and **DIGEST TEA** to promote the digestion of carbohydrates and sugar, **YANG ROOT** and **RINCHEN TEA** to tonify the kidney yang and nourish the essence with warm herbs, **SECRET POWER** to increase the libido and warm the gate of life and **HAPPY NEWS** to improve fertility.

The patient should refrain from deep frozen and microwave food, junk food, aspartame, cold dishes, salad, green lettuce, cucumbers, tomatoes, eggplant, cheese, yogurt, cream, sugar, fruits, fruits juices, tropical fruits, black tea, green tea, peppermint tea and coffee. The patient should eat cooked and warm food for the next three years.

Phlegm Cold - Lungs

710

Snow Lion Tablets

25,80

SNOW LION TABLETS is used to eliminate cold phlegm accumulation in the lungs. This herbal remedy tonifies the spleen Qi transforms damp and mucus cold, has a strong mucus releasing property, promotes the downward movement of the lunge and stomach qi, calms wheezing and coughing, softens hardenings and promotes the digestion of carbohydrates. This herbal remedy should not be given over a long period of time and especially not in case of lungs yin deficiency with empty heat and thick, dry and yellowish mucus. Snow Lion cannot dispel wind cold and dampness, it has to be combined with **SHL Cold Draft Remedy**.

Snow Lion can be combined with **Cold Tiger Sirup** to promotes the expectoration of mucus cold and also **SHL Cold Draft Remedy** in case of wind cold blocking the surface and obstructing the circulation of the lung qi.

The average dosage is about 3 x 3 until 6 tablets a day together with some fresh ginger tea.

The patient should refrain from sweet food, especially sugar, cookies, honey, exotic fruits, all kind of dairy produces and stay away from the cold and damp weather.

Bursitis - Elbow

981

Hephaistos 2

25,80

HEPHAISTOS 2 is used for the treatment of **bursitis of the elbow** which is an inflammation of one or more bursae (small sacs) of synovial fluid in the body. This herbal remedy softens hardenings, promotes the circulation of the qi, blood and jin ye, clears fire toxins, reduces pain and promote the regeneration of the tissues and ligaments.

The Patient should use 3 x 4 until 6 tablets a day between 12 until 30 days. This herbal remedy can be used together with **Free Flow Gel, Öl and Spray externally** in order to enhance the effect.

The patient should refrain from poultry, greasy and fried food, hot spices, dairy produces, garlic, onion, pepper, ginger and sugar.

Bursitis - Knee

1005

Hephaistos 1

25,80

HEPHAISTOS 1 is used for the treatment of **bursitis of the knees** which is an inflammation of one or more bursae (small sacs) of synovial fluid in the body. This herbal remedy softens hardenings, promotes the circulation of the qi, blood and jin ye, clears fire toxins, reduces pain and promote the regeneration of the tissues and ligaments.

The Patient should use 3 x 4 until 6 tablets a day between 12 until 30 days. This herbal remedy can be used together with **Free Flow Gel, Öl and Spray externally** in order to enhance the effect.

The patient should refrain from poultry, greasy and fried food, hot spices, dairy produces, garlic, onion, pepper, ginger and sugar.

Pain - General

969

Niripsa

25,80

NIRIPSA has been created for the treatment of pain. This herbal medicine has a broad spectrum and should be always combined with a precise differential diagnosis. This herbal remedy dissolves blood stasis, moves the qi, opens the heart's channels and calm the mind. **Niripsa** can be used for different type of pain like. migraine, joints pain, pain after an operation, angina pectoris, menstruation pain and so on.

The dosage should be 3 x 3 until 6 tablets and even more a day . This herbal formula is no allowed in case of pregnancy. Niripsa , bleedings, during the menstruation or if the patient is already taking some blood liquifying western medicine.

It is important that the patient refrain von cold food and drinks and hold on to a warm diet for few days.

This remedy could be combined internally with **Free Flow Tablets** but it is not necessary , better would be to add a formula which is adapted to the pathology of the patient and use both together. It is in acute case possible to take this rescue remedy with some rice wine in order to enhance its effects , but never take something acid, bitter and cold after even not a coffee after, this would neutralise the effect of this medicine.

Shoulder - Frozen Syndrom

980

Hera

25,80

HERA (Frozen Shoulder Syndrom) is a very strong Herbal Formula, disperse wind cold and damp from the shoulder and nape, disperse blood stasis, promotes the circulation of blood, reduces pain and free the Luo vessels.

This herbal formula is very strong and should not be used in case of wind heat, wind damp heat, yin deficiency and empty fire with blood heat and blood stasis. Differential diagnosis is of utmost importance in order to avoid a wrong treatment with side effects.

The patient should take 3 x 4 until 6 tablets a day together with some fresh ginger tea in order to enhance the effect of the formula and disperse wind and cold more efficiently.

The patient should avoid cold food and drinks but specially dairy produces like milk and yogurt, sugar, reis and sojamilk, fruit juices and ice-cream.

The herbal remedy can be combined with: **Easy Movement Cold** to enhance the anti-rheumatic effect of the formula **Free Flow Tablets, Gel, Öl und Spray** for the treatment of pain **Rinchen Tee, Warming the Root und Yang Root** to warm the kidney yang and consolidate the qi. They are more combinatioHerans but those are the most important one.

Diabetes Mellitus - Pregnancy

978

Sweet Baby

25,80

SWEET BABY is used for the treatment of pregnancy diabetes. This herbal compound stimulates the absorption of fat, protein and carbohydrates, eliminates damp and phlegm heat, prevents deposition of phlegm (Tan), nourishes the body fluids and protects the Yin without producing any stagnation or internal damp. It is important to note that both **Sweet baby and sugar blues** herbal remedy can be combined with insulin. **Sweet Baby** can be combined with **Slow Belly Movement and Digestive Tea** to improve the digestion of carbohydrates, proteins and fat. In case of hypertension **Pressure relieve** is recommended.

It is very important to notice that **Sweet Baby and Suggar Blues 1 and 2** lower the blood sugar! In order to avoid hypoglycaemic reactions, the patient should carefully check his blood sugar and adapt the amount of insulin.

The patient should strictly watch their diet and avoid above all refine carbohydrates, junk food, deep frozen and microwaves food, fried and greasy food, sugar, hot spices, garlic, onion, leek, chives, pepper, chilli, vinegar, alcohol, lamb, chicken, ham, sausages, and fatty cheeses. Chicken Broth and Tonifying Herbal Recipes are in that particular case not recommended.

Pregnancy Hypertension

977

Pressure Relieve

25,80

PRESSURE RELIEVE is used for the treatment of high blood pressure during pregnancy. This herbal remedy is no danger for the baby and should be used as long as the blood pressure has reached the normal average.

PRESSURE RELIEVE reduces the liver yang, protect the yin, eliminates Tan, and calms the mind. The patient should take , 3 x 3 until 6 Tablets a day and control regularly her blood pressure. She should refrain from deep frozen and microwave food, fried and greasy food, seafood, lamb, chicken, hot spices, garlic, onion, leek, chives, coffee and black tea. She should also stop all kind of herbal tonic formulas, yin nourishing herbs and meat broth mit herbs during the treatment.

This formula should not be used in case of yang deficiency, damp and mucus cold and with care in case of western treatment.

It is also possible to combine this formula with **Calm Relieve** (Hypertension) and **Soft Belly Movement** in case of food stagnation. To drain the yang ming can also help to keep the weight and reduce the blood pressure without harming the foetus. **Calm Relieve** ist actually not necessary because **Pressure Relieve** ist strong enough, but can be add to reinforce the effect.

The yang downbearing quality of this formula must be used carefully with western blood pressure medicine. The blood pressure has to be checked carefully and regularly in oder to avoid hypotension and dizziness. Only a TCM doctors having a clear understanding of differential diagnostis can cope with both treatment at the same time.

Nausea - Pregnancy

928

Good News

25,80

Good News can be used for the treatment of Nausea during the pregnancy. This herbal remedy nourishes this essence and the blood, strengthens Chong Mai and moves the stomach Qi downward.

Good News harmonises Chong Mai and Yang Ming and should be used in the morning before breakfast in the dragon hour between 7.00 and 9.00. It is important here to notice that the symptoms get better through food and drinks.

The patient should refrain from hot spices, smocking tobacco, seafood and deep frozen food. This herbal medicine can be combined with **Holding the Essence** in case of miscarriage and **San Bao Tea** or **Yin Root** in order to preserve the essence of the mother and nourish the child properly during the pregnancy. In case of continuous Nausea , it is recommanded to take the yin nourishing formulas in the afternoon.

The dosage of **Good News** should be 3 tablets in the morning or even more if there is any necessities. This herbal remedy is without danger for the child and do not produce neither dampness nor dryness.

Vertigo

780

Keeping Balance

25,80

KEEPING BALANCE is used for the treatment of vertigo. This herbal remedy is a Shao Yang but specifically a gallbladder formula, it counteracts wind phlegm (Feng Tan), dissolves and eliminates phlegm heat (Tan) via the excretory pathways, directs gallbladder Qi downwards, dissolves blood stasis, opens the subtle channels of the heart, clears the senses, protects from brain strokes and nourishes the yin without producing stagnation.

KEEPING BALANCE is a classic Shao Yang (gallbladder) herbal remedy with many clinical applications and should be ideally taken in the wooden stage of the day (in the morning). This formula can be combined with **PEACEFUL GENERAL** to enhance the elimination of cholesterol and Tan, **CALM RELIEF** in case of hypertension, **QUICK BELLY MOVEMENT** and **DIGEST TEA** to promote the digestion of fats and animal proteins. This formula should not be used in case of Qi, Blood and Yang deficiency.

The patient should refrain from animal proteins, cheese, butter, garlic, onions, hot spices, fried and fatty foods, alcohol and chocolate.

Dizziness - Deficiency

781

Back to the Earth

25,80

BACK TO THE EARTH is used for the treatment of dizziness (forward and backward – Jue Yin dizziness). This preparation is used in case of an insufficient supply of the brain with blood and Qi. **BACK TO THE EARTH** tones and raises the Qi, nourishes the brain, promotes the blood circulation, preventing blood stasis and tan (phlegm) deposits in the brain, clears the senses and opens the subtle channels of the heart. This herbal remedy can be combined with many tonics such as: **SEA OF QI** in case of Qi exhaustion, **LIFE ENERGY** for the treatment of Spleen Qi deficiency and Yang Ming Dampness, **YANG ROOT**, **RINCHEN TEA** to warm the kidney yang and consolidate the Qi and even **SECRET POWER** to stimulate the Gate of Life, increase the fertility and the sexual drive. The patient should refrain from yogurt, sweet and acid cream, cheese, tropical fruits, fruits salad, fruits juices, coffee, black tea, green tea, green salads, tomato, cucumber, eggplant, cold food and drinks. Dizziness

Tenosynovitis

979

Iron Rope

25,80

IRON ROPE is used for the treatment of tendon (tenosynovitis) inflammation, sprain or bruises. This herbal medicine, nourishes the tendons through the kidney jing and liver blood, dispels blood stasis, reduces pain and enhance the healing of the tendons. It should be understood that to treat tendons (ligaments) it's more delicate than a broken bone.

The patient should refrain from dairy products particularly milk, yohurt, fresh cheese, cream as they slow down the circulation of blood and qi and also acid fruits, cold food and drinks.

The patient should take 3 x 4 until 6 tablets a day during a long period of time at least 90 - 120 days. This herbal remedy can be combined with **Iron Drops** to nourish the blood, **Free Flow tincture, oil and Gel** externally to promote the circulation of qi and blood, **Rinchen tee, Warming the Root, Yang Root and also San Bao Tee** to nourish the essence (jing) and promotes indirectly the healing of the tendons.

One should never forget that to treat a tendon is far more complicated than a broken bone.

Eyes Sicknesses

274

Bright Light

25,80

BRIGHT LIGHT is used for the treatment of eye diseases. This herbal remedy can be used as a protection against computer-rays, distending pains, burning sensation, red eyes, allergy, glaucoma and side effects of diabetes. This herbal remedy should be taken regularly to preserve one's eyes sight and improve the sleep. **BRIGHT LIGHT** dispels wind draft, harmonise the Yin and Yang Qiao Mai, removes phlegm (blurred vision), dredges the channels, clears blood heat (bleeding), dissolve blood stasis (thrombosis, pain and black spots), controls the liver yang (glaucoma and black spots), clears the fire of the heart (chronic conjunctivitis) and the empty fire of the kidneys (dry and inflamed eyes).

BRIGHT LIGHT can be combined with many other herbal remedies. One should never forget the close relation between the heart, the Qiao Mai Vessels and the eyes and improve the sleep with: **PEACEFUL NIGHTS** to treat Qi stagnation insomnia or **DEEP SLEEP FORTE** in case of yin deficiency with empty heat and insufficiency of the Yin Qiao Mai. **BEAUTIFUL EYES** can be used in case of an acute conjunctivitis from wind draft. Nourishing the blood with **IRON DROPS** (Iron deficiency) and the kidneys essence with **YIN ROOT – SAN BAO TEA** will also improves the eyes sight.

The patient should strictly avoid alcohol, hot spices and take no pepper, chili, tabasco and especially coffee. Coffee can damage the eyes sight through a rebellious movement of the heart Qi and exhaustion of the yin.

Shao Yang Syndrome

775

SHL Taming the Dragon

25,80

SHL TAMING THE DRAGON is used to dispel wind and wind heat from the Shao Yang and Luo vessels. This herbal remedy is based on **XIAO CHAI HU TANG** with some additional herbs. This patent formula dispels wind from the channels, liberates the circulation of the san chiao Qi, clears heat and reduces fever, has an anti-allergic property and can be used for hay fever, conjunctivitis, allergic asthma, acute inflammation of the ears (otitis media) and eyes and migraine (unilateral headache). It lowers the Gallbladder and stomach Qi and promotes the expectoration of phlegm. According to the five elements theory **SHL TAMING THE DRAGON** can be used when the wood is attacking the lungs: allergic asthma. This herbal remedy can be combined with **RED SHELL** for the treatment of acute otitis media and **THROAT COOLING DEW** for the treatment of throat irritation. This herbal remedy can also be used for the internal dysfunction of the Shao Yang, with Qi stagnation and heat, it has the property to reduce blood pressure and clear the eyes.

The patient should abstain from fried and greasy food as it might obstruct the shao yang even more, garlic, poultry meat, alcohol and hot spices.

Sinusitis - Rhinitis

270

Cooling Fragrance

25,80

COOLING FRAGRANCE is used for the treatment of acute and painful sinusitis. This herbal remedy eliminates wind draft from the head, clears the sinus, eliminates phlegm heat, clears heat toxins (anti-inflammatory), dissolves blood stasis, dredges the LUO vessels of the face, relieves pain and reduces fever. **COOLING FRAGRANCE** can be combined with **SHL TAMING THE DRAGON** to enhance his effect. The patient should avoid tobacco, alcohol, garlic, onions, leeks, hot spices, chocolate and fried foods. **Cooling Fragrance**

- Phlegm Heat - Lungs - Syrup** 394
Yellow Tiger Sirup - 150ml 23,50
YELLOW TIGER SYRUP is used for treatment of thick, profuse and yellowish phlegm. This syrup promotes the expectoration of phlegm heat, it clears heat toxins from the lungs, lowers the lung Qi and relieves cough. **YELLOW TIGER SYRUP** should not be used in case of phlegm cold in the lungs and wind cold damp pathogenic influences.
The patient should refrain from fried foods, hot spices, cheese, garlic, onions, leek, fried cheese, oily food, sugar and fatty meat.
- Phlegm White - Syrup** 395
Cold Tiger Sirup - 150ml 21,00
COLD TIGER SYRUP is one of the four major syrups which have been created for the treatment of lungs ailments. **COLD TIGER SYRUP** is used to promote the discharge of white phlegm and can be combined either with **SHL COLD DRAFT REMEDY** to treat wind cold and damp draft and **LIFE ENERGY** to strengthens the spleen and transforms digestive damp.
This herbal remedy eliminates wind cold, strengthens the spleen, transforms dampness and cold phlegm, opens the lungs and lowers the lunge Qi without injuring the Yin.
COLD TIGER SYRUP should not be used for the treatment of WBL infectious diseases, with yellow sticky phlegm and fire toxins or in case of lunge dryness.
The patient should refrain from dairy products especially yogurt with sugar and fruits, sugar, honey, cakes, chocolate, fruit juices, tropical fruits, orange, pear, almond milk, soya milk, tomato, cucumber, cold and raw food.
- Phlegm Dry - Syrup** 392
Dry Tiger Sirup - 150ml 26,00
DRY TIGER SYRUP should be used for treatment of chronic dry cough with yellowish phlegm difficult to expectorate. **DRY TIGER SYRUP** liquefies and helps to expectorate phlegm heat, protects the lungs Yin, nourishes the body fluids, lowers the lung Qi and alleviates cough. This herbal formula should be combined with **DEW DROPS** for the treatment of chronic bronchitis or **GENTLE BREATH** in case of asthma. **DRY TIGER SYRUP** is a very important formula to treat chronic cough or late stage of a wen bing sicknesses but should not be used to treat cold phlegm diseases.
The patient should refrain from smoking, coffee, hot spices, lamb, poultry, chicken, seafood, pepper, chilli, ginger, aromatic herbs and vinegar.
- Infectious Sicknesses - Acute - Syrup** 324
Wind Tiger Sirup - 150ml 23,50
WIND TIGER SYRUP is used for the treatment of infectious diseases. This herbal syrup should be used in combination with **WBL GREEN PROTECTION'S SCREEN** and **WBL GREEN PROTECTION'S STEAM** (inhalation). **WIND TIGER SYRUP** dispels wind heat/dryness, clears heat toxins, lowers the lung Qi, promotes the expectoration of phlegm heat protects the lungs Yin and should only be used for the acute phase of infectious sickness. This is the treatment of choice for children. The herbal syrup should not be used for the treatment of white phlegm and wind cold damp symptoms.
The patient should refrain from lamb, chicken, sugar, hot spices and dairy products.

Dragon Nostril

DRAGON NOSTRIL is used for the treatment of Sjogren's syndrome. This herbal supplement dispels deeply penetrated pathogen influences (Wen Bing Lun), preserves the yin, clears blood heat, dissolves blood stasis, softens viscous-fluid collections, mucus and phlegm, opens the LUO MAI and promotes the circulation of body fluid (Jin Ye).

The Sjögren syndrome results from the late episode of a Wen Bing Pathology with empty heat, hidden heat and toxins in the body which has been not cured completely. It is especially important to open up the LUO MAI to restore the circulation of the body fluids and to enhance the moistening of the mucous membranes.

TCM Mind Mapping: WBL> Lung and Stomach Yin Deficiency> Empty Heat and Toxins> Blood Heat> Blood Jam and Tough - Mucus/Phlegm blocks the LUO MAI and prevents the distribution of body fluids

Posology: 3 x 6 to 10 pellets per day

Dietetics: Bulb Family, Alcohol, Hot and Hot Spices Blends, Seafood, Lamb, Poultry, Vinegar, Pepper, Clove, Fennel Seed, Nutmeg, Garlic, Onion, Leek, Dill, Chives, Chili, Roasted and Greasy

Dragon Skin

DRAGON SKIN is used for the acute form or first stage of scleroderma. The formula strengthens the spleen, dissipates moisture and phlegm, opens the LUO MAI, eliminates the influence of pathogens, stimulates the circulation of the blood, promotes flexibility, softens the skin and relieves pain.

Posology: The patient should take 3 x 6 to 10 tablets per day. The duration of treatment is decided by the therapist.

TCM Mind Mapping: Pi Bi Syndrome> Spleen Qi Deficiency> Yang Ming and Shao Yang Wetness, Phlegm> Attacks the Luo Mai and Blood Vessels> Blood Stasis> Skin Bi (Pi Bi) and Additionally Wind, Cold, Wet PE, and Blood deficiency

Combination: 5 Shells, 5 Dragons (Luo Mai), Life Energy (Spleen Qi Deficiency), Easy Movement Cold (Bi Syndrome), Easy Movement Tea (Bi Syndrom), Animal Soul Door (Po), Celestial Pivot (Knots), Great Gateway (wetness cold), Five Queens (blood stagnation and toxins), Niripsa (blood stasis and pain), Loving Care (Morbus Reynaud)

Dietetics: the patient should abstain from dairy products, sugar, citrus fruits, fried and fatty foods

Diarrhoea - Summertime

408

Bright Summertime

25,80

BRIGHT SUMMERTIME is used for the treatment of summer diarrhoea, with a headache, shivering, fever, oliguria, nausea, and vomiting. This herbal remedy is made out of aromatic and diaphoretic herbs it opens the surface, lower the lung qi, promotes the circulation of the triple heater and diuresis, transforms internal damp Diarrhoea Summer and stop diarrhoea and nausea.

The patient should take immediately 3 x 6 to 8 tablets a day with some aromatic western herbal tea like *Rosmarinus officinalis flos* - rosemary tea.

This herbal Formula can be combined with "Removing the Clouds" and afterward with "Quick Belly Movement" in order to enhance the digestion.

The patient should refrain from cold food and drinks, salad, , sugar, juices, beer, dairy produces and acid fruits.

Chemotherapy - Side Effects

705

Red Dragon Mouth

25,80

Red Dragon Mouth is used to treat the side effects of chemotherapy, In this particular case, the western treatment produces damp and mucus heat and a strong rebellious stomach qi in the yang ming . On the long run this treatment will exhaust the kidney essence (hairs lost, brown and eyelashes) and produce a yin deficiency with empty heat . The tongue will turn red until dark red with little coating

Red Dragon Mouth transforms internal damp and mucus heat, clears heat and toxins and moves in a forceful way the stomach qi downwards.

This herbal remedy should be taken few times during the day time an average of 3 x 4 to 6 tablets should be enough to relieve the symptoms. The dosage can be increase if there is any need.

Red Dragon Mouth can be combined together with many prescriptions from from the diolosa line like: **Quick Belly Movement** in case of food stagnation and **San Bao Tea** to nourish the yin and boost the qi and also **Clearing Heat** to treat the consequences of such a treatment which will be yin deficiency with empty heat.

The patient should refrain from : hot spices, lamb, poultry, seafood, onion, leek, garlic, alcohol, vinegar , acid fruits, orange juice, lemon and smocking tobacco.

Chemotherapy - Side Effects

700

White Dragon Mouth

25,80

White Dragon Mouth is used to treat the side effects of chemotherapy, In this particular case, the western treatment damage the yang qi and create damp cold and a rebellious stomach qi in the yang ming . On the long run this treatment will exhaust the kidney essence (hairs lost, brown and eyelashes).

White Dragon Mouth transforms internal damp cold, warm the yang, promotes the circulation of qi, moves in a very strong way the stomach qi downwards and tonifies the spleen qi without producing any damp.

This herbal remedy should be taken few times during the day time an average of 3 x 4 to 6 tablets should be enough to relieve the symptoms. The dosage can be increase if there is any need.

White Dragon Mouth can be combined together with many prescriptions from from the diolosa line like: **Quick Belly Movement** in case of food stagnation, **Heaven Protection** as a Prophylactic treatment to remove mucus blood stasis and toxins, **Warming the Root and Rinchen tea** to nourish the essence and preserve the yang with herbs without any greasy nature.

The patient should refrain from : cold food and drinks, dairy produces, milch, sugar, salad, tomatoes, cucumber.

Hormone Therapy Side Effects - Zhong Liu

674

Moon Goddess

25,80

Moon Goddess is used for the side effects of hormone therapy. This supplements the body fluids and the Essence, prevents mucus heat and Tan deposition, clears blood heat, dissolve in a mild way blood stasis and prevent the uprising the yang. The recommended dosage is between 3 x 1-4 a day. The treatment should extend over the whole time of ingestion of the drug to Western.

Moon Goddess can be combined with: **Nourrishing the Essence** (Yin and Jin Ye deficiency), **Dew Drops** (Chronic Bronchitis), **Deep Sleep** (Insomnia), **San Bao Tee**, **Yin Root** (Jing and Qi deficiency), **Soft Release** (dry constipation), **Suggar Blues 1** (Diabetes Mellitus Typ 1), **Gentle Breath** (dry asthma), **Cool Moon** (Menaupose), **Iron Drops** (Iron deficiency), **Moon Essence** (Östrogen Deficiency)

The Patient should refrain from: deep frozen food, microwave, sugar, hot spices, pepper, alcohol, smocking tobacco, garlic, onion, leek, seafood, poultry and lamb

Cortison - Side effects

664

Black Turtle

25,80

Black Turtle treat the side effects of Cortisone. This herbal remedy nourishes the Yin, clears empty heat and blood heat, calms the heart and the shen. **Black Turtle** regulates the sugar level, protects the blood vessel and the eyes.

It is requested to take 3 x 4 tablets a day. The dosage should be adapted according to the quantity of cortisone which has been taken.

This herbal remedy can be combined with **Clearing the Heat** (Yin mangel und Leere Hitze), **Nourishing the Essence** (yin and internal liquids deficiency), **Dew Drops** (chronic bronchitis), **Deep Sleep** (insomnia with night sweat) **San Bao Tee, Yin Root** (kidneys yin and qi deficiency), **Soft Release**(dry constipation), **Suggar Blues 1** (Diabetes Mellitus Typ 1), **Gentle Breath** (dry type of asthma), **Cool Moon** (Wechseljahre), **Iron Drops** (iron deficiency) **Moon Essence** (ostrogen deficiency)

The patient should refrain from hot and spicy food, fish, seafood, alcohol, smocking tobacco, garlic, onion, leek and lamb.

Radiotherapy - Side Effets

692

Holy Mountains Streams

25,80

Holy Mountains streams should be used during the radiotherapie as it prevents the penetration of fire toxins (Re Du) in the chest, lunge, heart and blood layer. This preparation should be taken immediately and continuously during the western treatment. This herbal preparation prevents the penetration of fire toxins in the depth (blood layer), clears fire toxins, protects the body fluids, boost the Qi and strengthens the immune system (Wei Qi) and the PO.

Die Patient should take 3 x 4 bis 8 Tablets a day. **Holy Mountains Streams** can be combined with : **Clearing Heat** (yin deficiency and empty heat), **Nourishing the Essence** (essence and internal liquids deficiency), **Regeneration** (Qi and Jing deficiency), **Gentle Breath** (dry type of Asthma), **Dew Drops** (Chronic Bronchitis with dry cough), **Yin Root, San Bao Tee** (Essence deficiency and exhaustion), **Deep Sleep** (Insomnia with night sweat).

Der Patient should refrain from : smocking tobacco, hot spices, alcohol, poultry, chicken, seafood, vinegar, chili, garlic, onion and leek.

Summer Disease - Shi Wen

914

Removing the Clouds

25,80

Removing the Clouds is a prophylactic medicine against Wind-Damp and Toxins (Shi-Wen) and should primarily be used as a protection in a Damp and Hot area or during the Rainy Seasons.

Removing the clouds strengthens the immune system, disperses wind damp, promotes the circulation of the triple heater (San Chiao), transforms internal damp, boost the spleen function, improves the digestion of food, open the senses, clear the mind (Shen), and prevents the penetration of humidity and heat toxins in the blood layer (Xue Fen) and liver.

This herbal remedy should be used prophylactically in small dosages to prevent damp heat and toxins infection in the liver and the blood layer. This is an essential remedy if one is travelling in wet and hot countries or during the rainy season (Monsoon) in Asia. This herbal remedy can be considered as prophylaxis against hepatitis.

The average dosage should be 3 x 1 until 3 Tablets a day. In an acute situation, it is recommended to use 3 x 4 until 6 Tablets a day until complete recovery.

It is essential to refrain from sugar, and sweet, oily, greasy food, juices, dairy produce especially milk and joghurt, coca cola, sprite, Fanta, chocolate, ice cream, cold drinks and food and cold beer.

Stress

862

No Worry

25,80

No Worry is used for the treatment of stress. This very gentle herbal remedy disperses stagnant Qi, clears internal heat and blood heat, moves the heart qi downward, calms the mind and heart wind. The relaxing effect of this formula makes it precious for different psychological and also neurological pathologies.

No Worry is used for different types of pathological problems but specially for the treatment of emotional tension and intense stress. This is a soft herbal remedy which can be used over a long period of time.

No Worry can be combined with **Happy Days** in case of slight depression, **Six Flowers** which is helpful to disperse the Qi and the Blood **Peaceful Nights** to improve the sleep and all **Wu Shen** Medicines which balance the shen. If the yin is depleted it is requested to use **Yin Root** and **San Bao Tea** in the afternoon.

It is very important that the patient refrains from smoking tobacco, alcohol, coffee and black tea. In order to enhance the property of the herbal remedy it is recommended to take it with some chamomilla flos tea.

Qi Stagnation - Acute

812

Relaxing Days Tea

24,00

Relaxing Tea is a western herbal composition used to treat burn out syndromes and insomnia. This western herbal tea disperses and soothes the gallbladder and liver Qi, clears stomach fire, opens the subtle channels of the heart, protects the yin, clears blood heat and improves the sleep. **HAPPY TEA** a strong relaxing, clearing and calming property and should be taken in the evening to improve one's sleep. This herbal prescription can be combined with **HAPPY DAYS** in case of depression, **NO WORRY** to relax and calm the mind, **PEACEFUL NIGHTS** to enhance sleep and **BURN OUT RELIEF** to reduce stress. This herbal tea should not be cooked but infused.

The patient should refrain from coffee, black tea, green tea and hot spices. Relaxing Days Tea

Common Cold - Acute Stage

272

SHL Cold Draft Remedy

25,80

SHL COLD DRAFT REMEDY is used for the treatment of wind cold and damp. This herbal remedy has a warming property and promotes sweating. It is used for the treatment of Tai Yang syndrome, with occipital headache, shivering, running nose and coughing. In order to enhance the property of this herbal remedy it is recommended to take it with some fresh ginger tea. **SHL COLD DRAFT REMEDY** should not be used for the treatment of infectious sicknesses, Yang Ming or Qi Fen syndromes. This dispersing (Diaphoretic) herbal remedy can be used together with **COLD EASY MOVEMENT** for the treatment of Feng Shi Han Bi Syndromes. This herbal remedy is also efficient for clearing the senses and the nose.

The patient should give up raw and cold food, dairy products, green salads, beer, acid fruits, soy products and yogurt. Common Cold - Acute Stage

Tai Yin Cold Syndrome

776

SHL Warming the Center

25,80

SHL WARMING THE CENTER is indicated for the treatment of Tai Yin Syndrome with chronic, cold diarrhea with lower abdominal pain. This is a modification of LI ZHONG WAN with some additional herbs to eliminate internal damp and promote the circulation of the Yang Ming Qi. This herbal remedy warms the spleen, stimulates the Qi, SHL Warming the Center disperses internal cold, transforms internal damp, promotes the circulation of Qi and reduces pain in lower abdomen. This patent formula can be combined with LIFE ENERGY to stimulate the spleen Qi. There are no astringent herbs inside; the diarrheal will be stopped when that Yang Qi of the spleen will have recovered completely. SHL WARMING THE CENTER should not be used in case of spleen yin deficiency, stomach fire or damp heat diarrhea.

The patient should abstain from cold food and drinks for a while. This medication may be taken with ginger or fennel tea.

Tennis Elbow

1006

Persephone

25,80

PERSEPHONE (Tennis elbow). This herbal remedy disperses wind cold and damp, opens the lu vessels, promotes the circulation of qi and blood and reduces pain. This herbal remedy should be used over a period of time of 3 until 6 weeks in order to achieve a proper result.

The patient should take 3 x 4 until 6 tablets a day and in acute stage in combination with sake (reiswein) in order to enhance the circulation of qi and blood in the channels and reduce more effectively pain. It is even possible to mix this herbal remedy together with some white of an egg and apply the paste on the affected area.

Persephone can be combined with : **Hera** - which is used for the treatment of shoulder syndrome (frozen shoulder), **Free Flow Tablets** to promote the blood circulation and reduce pain, **Free Flow Gel, Öl und Gel** externally is very important in order to open the lu channels, promote the circulation of qi and blood and also reduce pain, those products should be used few times a day, **Iron Drops** to nourish the essence (jing) and the blood. This formula is very important for sportman, **Rinchen Tea, Yang Root** to warm the kidneys, consolidate the qi and nourish the essence, **Easy Movement Cold** for the treatment of feng han shi , **Quick Belly Movement** to promote the bowel movement. It should not be forgotten that there is a strong relation between the yang ming and the extremities.

In the tcm traumatology and rheumatology the use of cold spray and cold external treatment is forbidden as it might slow the circulation of blood and qi and block even more the lu channels.

Thrombosis

381

Breaking Through

25,80

BREAKING THROUGH is used for the treatment of blood stasis. This herbal remedy prevents blood stasis in the brain, heart and lungs and can be used as a prophylactic treatment in case of a danger.

BREAKING THROUGH tonifies the Qi, warm the yang, transforms internal dampness, removes mucus and tan, dredges the Luo and main channels, dissolves blood stasis and promotes the blood circulation. This herbal remedy cannot be used for the treatment of blood heat or yin deficiency with empty heat leading to blood stasis.

This herbal formula can reach all parts of the body with a preference for the brain, the heart, the lungs and prevents also from peripheral vascular diseases. **BREAKING THROUGH** protects against thrombosis, pulmonary embolism, stroke and heart attack and should be used with caution with western medicine and during pregnancy. **BREAKING THROUGH** can be also used before a flight, 3 to 6 tablets should be enough.

BREAKING THROUGH targets the heart, the coronary arteries, the brain and the CNS. **FREE FLOW TABLETS, SPRAY, OIL and GEL** focus mostly on the musculoskeletal system, tendons, muscles, bones and is used for the treatment of sprains, bruises and broken bones. Caution is advised again in case of western medical treatment and pregnancy.

During the treatment the patient should stop cold food, salads and fruits, all kind of dairy products and especially yoghurt.

Thrombocytopenic purpura

Dragon Blood

DRAGON BLOOD is used for the treatment of thrombocytopenic purpura. The bleeding has been triggered in the blood level due to drug treatment, constitutional weakness, or infectious disease or penetrated pathogenic influence (virus/bacteria). This preparation clears heat and eliminates fire toxins from the blood layer (Xue Fen), prevents blood clotting and subcutaneous bleeding (petechia), has anti-inflammatory properties, protects the yin and controls the empty heat.

The patient should take 3 x 6 to 10 pressings a day, under the supervision of an experienced TCM therapist. This preparation is also allowed as an emergency preparation during pregnancy.

Dragon Blood can be combined with **WBL Red, Purple and Black Protection Screen**. In the case of Yin deficiency with Empty Heat, Clearing the Heat is recommended.

The patient should refrain from pungent and hot spices, wine, seafood, lamb, garlic, leeks, onion, pepper, chilli, and vinegar.

Tinnitus - Acute

362

Morning Bells

25,80

MORNING BELLS is used for the treatment of tinnitus with aggravation in the gallbladder hour between 23.00 and 1.00 and in the early morning. This herbal formula drains the Shao Yang (Gallbladder and San Chiao) and Yang Ming (stomach and colon) Qi downwards, prevents blood and phlegm stagnation in the head and ears area, opens the LUO vessels of the head, frees the senses, opens the eight subtle channels of the heart, calms the mind and internal wind. **MORNING BELLS** is used for the excess and acute type of tinnitus and should be taken in the early morning. This herbal medicine should not be used in case of Yang deficiency with internal damp and phlegm cold stagnation.

This herbal formula can be combined with **PEACEFUL GENERAL** in case of cholesterol (Tan), **KEEPING BALANCE** to treat Feng Tan and dizziness and **BREAKING THROUGH** to promote the blood circulation. **QUICK BELLY MOVEMENT** can also improve tinnitus, through draining the Yang Ming and Shao Yang downwards. **MORNING BELLS** can be combined efficiently with **EVENING BELLS**; it is like treating the root and the branches of the disease at the same time. The first one should be taken in the morning and the second one in the late afternoon. We should never forget that the treatment of tinnitus needs time to be efficient.

The patient should try to reduce stress and give up tobacco, coffee, black tea, green tea, cheese, cream, margarine, hot spices, alcohol, chocolate, pork, ham, fried and greasy foods.

Tinnitus - Chronic

363

Evening Bells

25,80

EVENING BELLS is used for the treatment of chronic tinnitus with worsening at night (gallbladder hour) and high tone.

EVENING BELLS nourishes the yin, calm the yang, clears blood heat, removes phlegm and blood stasis in the Tinnitus Chronic head and ears, promotes the blood circulation in the brain, disperses head wind, opens the subtle channels of the heart, calms the mind and improves the sleep. The root and the branches will be equally treated. In this case the root is the kidneys and the branches the yang organs and the Luo vessels from the head.

This herbal remedy can be combined with **YIN ROOT**, **SAN BAO TEA** to nourish the Yin, **PEACEFUL GENERAL** to reduce the viscosity of the blood and **QUICK BELLY MOVEMENT** to promote the digestion of carbohydrates, proteins and fat. This herbal remedy should be taken for a long period of time. **EVENING BELLS** should not be used in case of yang deficiency with internal damp or phlegm cold.

The patient should refrain from hot food and spices, alcohol, coffee, black and green tea, lamb, seafood, vinegar, pepper, and chilli.

Tinnitus - Chronic

361

Daytime Bells

25,80

DAYTIME BELLS is used for the treatment deficiency type of tinnitus with secondary phlegm (tan) and blood stasis in the ears (Er Ming) and the brain (Nao Ming). This herbal remedy strengthens the spleen Qi, improves the digestion of carbohydrates, proteins and fat, removes phlegm and blood stasis from the Luo and main channels of the head, promotes the blood circulation in the brain, dispels head wind, opens the subtle channels of the heart and calm the mind. **DAYTIME BELLS** can be combined with **BREAKING THROUGH** which is the main formula for the treatment of blood stasis, **SEA OF QI** in case of hypotension and Qi prolapse, **LIFE ENERGY** to strengthen the spleen Qi and eliminate internal dampness, **YANG ROOT** and **RINCHEN TEA** to warm the kidneys yang and nourish the essence with warm herbs and also **QUICK BELLY MOVEMENT** to avoid food stagnation, phlegm and blood stasis in the yang ming.

This herbal remedy should not be used for the treatment of yin deficiency type of tinnitus.

The patient should give up cold and sweet greasy food, raw food, green salad, tomato, cucumber, eggplant, celery, chinese cabbage, dairy products specially cream and cheese, coffee, black and green tea.

Trigeminal Neuralgia - Acute

925

Peaceful Road 1

25,80

Trigeminal Neuralgia Peaceful Road is used for the treatment of Painful Trigeminal Neuralgia. This herbal remedy disperses constraint qi, clears Gallenbladder and stomach Fire and Phlegm Heat, calms the heart fire and the mind, moves the stomach qi downward, stabilise the yin, opens and clears the Luo channels of the face and reduces pain.

Peaceful Road can be combined with Yang Ming Medizin like : **Open Space** in case of gastritis, **Confidence** for stomach ulcer, **Five Shells** to reduce the acidity and also **Burn out Relief** for the side effects of Burn Out Syndroms, **Peaceful Nights** to improve the sleep, **No Worry** to relax the Qi and calm the mind, **Calm Relief** in case of hypertension, **Deep Sleep Forte** to improve the sleep and nourish the yin, **IntelligenTrigeminal Neuralgia Acute Lodge** to calm the Yi and over thinking and **Clearing the heat** in case of yin deficiency with empty heat.

The dosage is 3 x 3 to 10 tablets a day together with matricaria chamomilla flos - kamillenblüte to enhance the effect of the medicine. It is requested to use peaceful road nr 1 in the morning and the nr 2 in the afternoon. The nr 1 is for the treatment of excess type with fire and phlegm heat , the nr 2 is better to nourish the yin and calm the empty heat moving upward to the face.

The patient should refrain from stress, alcohol, coffee, smocking tobacco, hot spices, vinegar, chili, pepper, tabasco, fried and greasy food, garlic, onion, leek, chives and black tea.

Trigeminus Neuralgia - Chronic

926

Peaceful Road 2

25,80

Peaceful Road is used for the treatment of Painful Trigeminus Neuralgie. This herbal remedy nourishes the yin, clears empty heat and blood heat, calm the yang, clear stomach and gallbladder fire, calm the mind and reduces pain.

Peaceful Road can be combined with Yang Ming Medizin like : **Open Space** in case of gastritis, **Confidence** for stomach ulcer, **Five Shells** to reduce the acidity and also **Burn out Relief** for the side effects of Burn Out Syndroms, **Peaceful Nights** to improve the sleep, **No Worry** to relax the Qi and calm the mind, **Calm RelTrigeminus Neuralgia Chronicief** in case of hypertension, **Deep Sleep Forte** to improve the sleep and nourish the yin, **Intelligent Lodge** to calm the Yi and over thinking and **Clearing the heat** in case of yin deficiency with empty heat or **Yin Root and San Bao Tea** to nourish the yin and calm the yang.

The dosage is 3 x 3 to 6 tablets a day together with matricaria chamomilla flos - kamillenblüte to enhance the effect of the medicine. This herbal remedy should be taken in the late afternoon and in the evening .

The patient should refrain from stress, alcohol, coffee, smoking tobacco, hot spices, vinegar, chili, pepper, tabasco, fried and greasy food, garlic, onion, leek, chives and black tea.

Obesity - Damp Heat

351

Weight Balance Heat

25,80

WEIGHT BALANCE HEAT is applied for the treatment of dampness / phlegm heat obesity with a tendency to high cholesterol, hypertension and even diabetes mellitus type 2. This herbal remedy harmonizes wood (gallbladder) and earth (stomach - colon), eliminates phlegm/damp heat, unblocks the san chiao, opens the elimination channels, promotes urination, refreshes the blood, promotes the blood circulation, lowers the blood sugar, reduces the appetite and disperses the constrain Qi. **WEIGHT BALANCE HEAT** can be combined with **SUGGAR BLUES 2** in case of Diabetes Mellitus type 2 and **CLEANSING DAYS TABLETS** and **TEA** in spring for 12 days. It is also helpful to drink some corn silk tea at the same time to enhance the elimination of liver, spleen and blood damp heat via urination.

The patient should avoid alcohol, all animal protein, hot spices, garlic, onions, leek, chives, pepper, chilli, vinegar, chocolate, deep frozen and microwaves food, junk food, coca cola and aspartame.

Obesity - Damp Cold

304

Weight Balance Cold

25,80

WEIGHT BALANCE COLObesity - Cold Damp D is applied for the treatment of obesity from internal damp/phlegm cold and yang deficiency. This preparation warms the kidney, spleen and stomach yang, dispels internal cold, stimulates food absorption, transforms dampness and phlegm, warms and moves the blood and harmonizes the relation between the wood (liver) and the earth (spleen). **WEIGHT BALANCE COLD** can be used in combination with **COLD BLISS** in case of underactive thyroid gland, **YANG ROOT** and **RINCHEN TEA** to reinforce the kidneys, **QUICK BELLY MOVEMENT** to improve the digestion of food and liquids, **SECRET POWERWeight Balance Cold** to warm even strongly the kidneys and improve the libido. The diagnosis has to be made properly in order to choose the right prescription; **WEIGHT BALANCE COLD** can only be used for cold constitutions but never in case of damp heat, fire or yin deficiency.

The patient should abstain for a period of 9 months from deep frozen and microwave food, junk food, raw and cold vegetables, soy products, lettuce, tomatoes, cucumber, pickles, sweets, sugar, wheat in any form, coffee, green and black tea, yogurt, exotic fruits, acid fruits, juices, coca cola, aspartame and have more body exercise.

Infertility

772

Happy News

25,80

HAPPY NEWS is used for the treatment of infertility due to a depletion of Jing, blood and Kidney Qi. This herbal remedy reinforces the postnatal source of the JING, nourishes the blood, consolidates the Kidney Qi and fills the Chong and Ren channels. **HAPPY NEWS** protects and nourishes the foetus and can be taken together with **HOLDING THE ESSENCE** to prevent miscarriage and **YIN ROOT** or **SAN BAO TEA** to nourish even thoroughly the kidney essence. This herbal remedy should not be used in case of damp heat or cold accumulation in the lower jiao.

The patient should stay away from microwaves, deep frozen food, junk food, smoking, coffee and cold food.

Damp Heat - Lower Burner - Zhong Liu

711

Water Separation

25,80

Water Separation is used to drain secondary damp heat from the lower burner. This herbal remedy tonifies the spleen qi, transforms the dampness, opens the elimination channels and promotes diuresis, clears damp heat and toxins from the lower jiao, Jue Yin (liver and blood layer) and calms the mind. **Water separation** can be used with many other damp heat draining medicines like: **Cold Stream** in case of secondary bladder infection, **Red and Big Pearl** for the treatment of prostatitis, **Cold and Hot Damp Belt** to treat white/yellowish leucorrhea.

This Herbal remedy should not be used in case of yin deficiency with empty heat and dysuria.

The average dosage should be between 3 x 3 until 6 Tablets a day. In acute situation it is possible to increase the dosage up to 3 x 10 tablets. It is also good to take this herbal remedy together with some **solidago virgaurea herba - goldenrods tea**. The combination will promote the elimination of damp heat from the lower burner.

It is important that the patient refrains from sugar, sweet and cold food, fried and greasy food, sea food, hot spices, garlic, onion, leek, alcohol, vinegar, cheese and animal proteins. **Water Separation**

Veganism - Vegetarian - Side Effects

954

Red Gate

25,80

Red Gate has been created for vegetarians and specially vegan people. This herbal composition boosts the spleen qi, harmonises spleen and stomach, nourishes the blood, promotes the blood circulation in the upper part of the body and specially the brain, transforms internal dampness and eliminates food stagnation. This is an excellent remedy for cold constitution because of the wrong diet and can be taken over a long period of time. The patient should take 3 x 4 till 6 tablets a day during at least 120 days. It is also good to take this formula with some ginger tea during the winter time.

The patient should refrain from deep frozen, microwaves, cold food and drinks and specially salad, fruits, fruit juices, sugar, reduce the intake of carbohydrates, coffee, black tea, green tea and peppermint tea.

Red Gate can be also taken with **Yang Root and Warming the Root** (Yang deficiency), **Secret Power** (SexVeganism - Side Effects weakness), **Rinchen Tee** (Yang and Qi deficiency), **Sea of Qi** (Hypotension), **Life Energie** (Qi deficiency, internal damp and blood deficiency), **Quick Belly Movement** (Food stagnation), **Regeneration** (Qi, Yin, Yang, Blood deficiency), **Great Harmony** (Qi deficiency and internal damp), **Iron Drops** (Great Blood deficiency) many other formulas could be also added to the treatment. The major idea is to stay away from bitter and cold herbs.

This medicine does not replace a proper diet, with cooked food, proteins, spices and aromatic herbs. Despite all the medical efforts, it is sometimes necessary to add some animal products to improve the energy and the blood quality.

Medical soups with chicken (blood, jing), beef (qi), mutton (yang) can improve greatly the energy and counter balance the side effect of a cold diet over a long period of time.

Tan - Hardenings Softening

712

Five Shells

25,80

Five Shells is used for the treatment of hardenings, masses, knots, thick mucus and accumulations in the upper warmer.

This exceptional medicine is mainly salty and cold, has a very strong softening property on all kind of masses blocking the lymphatic system, lungs, stomach, oesophagus, skin and the LUO channels of the yang ming and can be used for the treatment of lymphatic, thyroid gland, lungs and stomach sicknesses.

Five shells has to be combined with other herbal medicines in order to unfold its properties fully. This mineral formula can be added to an herbal decoction. Particularly useful is **Five Shells** for the treatment of hyperacidity together with **Tan - Hardenings Softening** and **Confidence** (Stomach Ulcer), **Open Space** (Gastritis), **Temple of Peace** (Duodenum Ulcer), **Heaven's protection** (Prophylactic Treatment of Zhong Liu). **Five shells** should not be used in case of stomach cold, cold mucus in the lungs, yang deficiency, polyuria, chronic diarrhoea and exhaustion.

This formula has a very cold property and should be taken cautiously and not over a too long period of time as it might damage the spleen Qi .

The average dosage should be between 3 x 1 until 3 tablets a day, the tablets can also be added directly into the herbal decoction or taken together with some matricaria chamomilla flos - chamomile tea.

The patient should refrain from fried and greasy food, garlic, onion, leek and reduce the intake of animal proteins and dairy products.

Tan/Mucus in Upper Warmer - Zhong Liu

713

Celestial Pivot

25,80

Celestial Pivot is used for the treatment of thick mucus accumulation in the upper warmer. This herbal formula targets the lymphatic system, yang ming (large Intestine and stomach), central nervous system, brain, organ of senses and all the LUO channels from the face, head and brain. **Celestial Pivot** tonifies the spleen qi, transforms dampness, softens thick mucus and Tan accumulation, moves downwards the Lung and Stomach Qi, drains the LUO vessels, and promotes the blood circulation. The transport function of the spleen will be enhanced and the downward movement of the yang ming too.

This herbal formula has a drying property and should not be used in case of yin deficiency, with empty heat with dry mucus and heat. The dosage should be 3 x 3 until 6 tablets a day but can be adapted according to the symptoms and signs. Tan/Mucus in Upper Warmer

Celestial Pivot can be combined with: **Five Shells** (Hardening, masses, thick Tan obstructing the upper warmer), **Five Dragons** (Feng Tan attacking the LUO vessels and the CNS), **Five Queens** (Blood stagnation), **Calm Heaven** (Hypertension and dizziness), **Peaceful General** (High Cholesterol), **Quick Belly Movement** (Food Stagnation) **Thunderstorm** (Epilepsy) and **Calming the Wind** (Parkinson) .

The patient should refrain from cheese, cream, bad oil quality, pork's meat, sausage, fried and greasy food, hot spices and alcohol.

The treatment of old thick mucus, tan, feng tan and blood stasis is long and difficult. It is important to be cautious and diligent in the treatment procedure and not to give up too quickly. The food has to be adjusted properly and acupuncture be given regularly in order to have satisfying results.

Bruises Sprains Fractures - Oil

822

Free Flow Öl

26,00

FREE FLOW OIL is used for the treatment of sprains, bruising and fractures. This extraordinary herbal OIL should be used as massage oil and combined with FREE FLOW SPRAY, GEL AND TABLETS. FREE FLOW OIL has smooth and slightly greasy nature, it dissolves Qi and blood stasis, softens swelling, promotes locally the circulation of body fluids, blood and Qi, opens the Luo vessels, regenerates the tissues, ligaments and the bones and relieves pain. The penetration power is the same as the GEL but not as strong as the SPRAY.

In acute stage, it is recommended to always use first FREE FLOW SPRAY, as it opens the channels and can dissolve the Qi and Blood Stasis very quickly. For long massage the FREE FLOW OIL is more adapted than the GEL.

After injury or operation the patient should refrain from cold external applications, cold food and drinks, vitamin C supplements, dairy products, fruits, beer. The patient should drink a warm chicken broth and take FREE FLOW TABLETS. Caution is advised again in case of western medical treatment and pregnancy.

Bruises Sprains Fractures - Tablets

300

Free Flow Tablets

25,80

FREE FLOW TABLETS is used for the treatment of sprains, bruising and fractures. This extraordinary herbal remedy should be used combined with FREE FLOW SPRAY, GEL AND OIL. FREE FLOW TABLETS dissolves Qi and blood stasis, softens swelling, promotes locally the circulation of body fluids, blood and Qi, opens the Luo vessels, regenerates the tissues, ligaments and the bones and relieves pain. In order to promote the effect of this powerful remedy it is allowed to combine it in acute case with some alcohol (Sake) but never in case of internal bleedings.

In acute stage, it is recommended to always use it together with FREE FLOW SPRAY, as it opens the channels and can dissolve the Qi and Blood Stasis very quickly. For long massage the FREE FLOW OIL is more adapted than the GEL. This herbal remedy can reach the extremities quicker than BREAKING THROUGH, in some delicate situation both remedies can be used together.

After injury or operation the patient should refrain from cold external applications, cold food and drinks, vitamin C supplements, dairy products, fruits, beer. The patient should drink a warm chicken broth and refrains from cold food. Caution is advised again in case of western medical treatment and pregnancy.

Bruises Sprains Fractures - Spray

823

Free Flow Spray

28,00

FREE FLOW SPRAYS is used for the treatment of sprains, bruising and fractures. This extraordinary concentrate herbal TINCTURE should be used for acute stages and combined afterwards with FREE FLOW OIL, GEL AND TABLETS. FREE FLOW SPRAY is strong and should never be used internally and also never be applied on the belly in case of pregnancy. It can quickly dissolve Qi and blood stasis, softens swelling, promotes locally the circulation of body fluids, blood and Qi, opens the Luo and blood vessels, regenerates the tissues, ligaments and the bones and relieves pain. The penetration power of FREE FLOW SPRAYS is very quick and can be used together with moxa for the treatment of strong pain.

After injury or operation the patient should refrain from cold external applications, cold food and drinks, vitamin C supplements, dairy products, fruits, beer, tropical fruits and drink a warm chicken broth and take FREE FLOW TABLETS. Caution is advised again in case of western medical treatment and pregnancy. Free Flow Spray

Bruises Sprains Fractures - Gel

819

Free Flow Gel

28,00

FREE FLOW GEL is used for the treatment of sprains, bruises and fractures. This extraordinary **HERBAL GEL** is used in emergency cases and can be combined with **FREE FLOW SPRAY, OIL AND TABLETS**. **FREE FLOW GEL** is soft and gentle without any greasy nature, it dissolves Qi and blood stasis, softens swelling, promotes locally the circulation of body fluids, blood and Qi, opens the Luo and blood vessels, regenerates the tissue, bruises, sprains, fractures, ligaments and the bones and relieves pain. In acute stage, it is always recommended to use first **FREE FLOW SPRAY**, as it opens the channels and can dissolve the Qi and Blood Stasis quicker than the gel and the oil. For long massage the **FREE FLOW OIL** is more adequate.

After injury or operation the patient should refrain from cold external applications, cold food and drinks, vitamin C supplements, dairy products, fruits, beer and drink a warm chicken broth with **FREE FLOW TABLETS**. Caution is advised again in case of western medical treatment and pregnancy.

Constipation - Acute

305

Quick Release

25,80

QUICK RELEASE is used for the treatment of acute constipation. This herbal remedy stimulates the downward movement of the colon Qi, resolves food stagnation, disperses blood stasis and prevents deposition of toxic materials and phlegm (Tan) in the digestive tract. **QUICK RELEASE** should be taken in the late evening before going to bed or as a single emergency formula. This herbal remedy should not be used in case of blood, internal liquids or yin deficiency constipation. **QUICK RELEASE** can be used to discharge and flush out very quickly toxic wastes from the Yang Ming and should be used cautiously in case of Spleen Qi deficiency and pregnancy. This preparation can be combined with **QUICK BELLY MOVE** Constipation AcuteMENT.

This herbal remedy can also help to clean the skin, to purify the blood layer, open the channels of the heart, protect the arteries and the joints. It can be used just once, to evacuate the toxins very quickly but not regularly as it would damage the Qi.

The patient should refrain from deep frozen food, microwave food, junk food, animal protein, onion, fish, seafood, ham, pork, sausage, hot spices and cheese for few days.

Constipation - Chronic

814

Soft Release

25,80

SOFT RELEASE is used for the treatment of chronic constipation due to internal dryness, lack of blood and yin deficiency. This herbal remedy nourishes the yin, blood and body fluids without producing any stagnation. It nourishes the yang ming and stimulates in a soft way the intestinal peristalsis.

SOFT RELEASE should be taken in the evening before going to bed. It can be combined with **HAPPY DAYS** to relax the Qi, **NO WORRY** to calm the mind, **IRON DROPS** to nourish the blood, **YIN ROOT** and **SAN BAO TEA** to nourish the Yin. In case of Yang deficiency, **YANG ROOT** or **RINCHEN TEA** should be given at the same time.

The patient should refrain from cold and raw food and put more emphasis on cereals, dry fruits, and especially physical activity. Constipation Chronic

Vitiligo Tablets

1009

White Clouds Tablets

25,80

WHITE CLOUDS is used for the treatment of Vitiligo, which is a condition that causes a depigmentation of the skin. This herbal remedy eliminates Wind and Damp from the skin layers, opens the LUO channels and TMM, removes blood stasis, clears blood heat, nourishes the essence and the blood, calms the mind and skin wind.

The patient should take 3 x 4 until 6 tablets a day during a long period of time, at least a year. This formula can be combined with: **Iron Drops** to nourish the blood and the jing, **San Bao Tea** and **Yin Root** to nourish the essence and consolidate the kidney qi, **Five Dragons** which is the most powerful herbal remedy to open the LUO channels and eliminates toxins from the different layers of the organism.

The patient should refrain from cold food and drinks but also from spicy and hot food, like onion, garlic, leek, pepper, vinegar, alcohol and smoking tobacco.

Both, the patient and the therapist should cultivate patience as the treatment of vitiligo takes a long time.

Exhaustion - Chronic - Zhong Liu

659

Regeneration

25,80

Regeneration is a strengthening Formula and can be used to boost the 5 roots of the organism (qi, yang jin ye, blood and yin). This herbal prescription, boosts the Yuan Qi, warms the Yang (Door of life - Ming Men), nourishes the Yin and the Blood and strengthens the Postnatal source of the Qi (Spleen and Stomach). **Regeneration** is similar to Blase 43 - gao huang shu and should be used in case of life-threatening sicknesses with stem cell diseases or to counteract the side effects of very cold medicaments and herbal prescriptions. This most precious medicine should not be used in case of yin deficiency with empty heat, blood heat and uprooting of the yang. **Regeneration** has a warm property and can be used for the treatment of Han Huo (true cold and false heat). The boosting capacity of this herbal prescription on the Yuan Qi makes it a major formula for the treatment of cells and immune diseases.

Regeneration can be used for all the following symptoms: leukopaenia, anaemia, depression, dizziness, tinnitus, vertigo, poor memory, deafness, soreness of the back, cold knee, sensation of cold in the back, feet and knees, weak legs, bright-white complexion, weak knee, impotence, premature ejaculation, lassitude, abundant-clear urination, scanty-clear urination, apathy, oedema of the legs, cold feet, infertility in women and men, lack of zhi (will power), poor appetite and chronic constipation. The tongue body is short, powerless, pale and moist (sometimes dry) with horizontal cracks. The tongue coating is very thin and white. The pulse is weak (ruo), deep (chen), thin (xi), short (duan), empty (xu) and slow (chi). In case of great yang deficiency the pulse is also superficial at the right hand, this is a sign of han huo (true cold and false heat).

This formula can be combined with Warming the Root, Yang Root, Rinchen Tea and Secret Power to warm the yang qi even more, Iron Drops to nourish the blood, Sea of Qi to lift the Qi up to the head, Nourishing the essence, San Bao Tea and Yin Root to protect the yin. It is important to protect the yin and boost the postnatal source of the Jing.

The dosage should be 3 x 3 until 6 tablets a day together with some Rinchen Tea in order to enhance the property of the formula.

The patient should refrain from cold and raw food, particularly green salad, tomato, cucumber, dairy products, sugar, fruits, juices, coffee, green and black tea.

Menopause

283

Cool Moon 140st

25,80

COOL MOON is applied for the treatment of menopausal symptoms including hot flashes and restlessness. This herbal remedy nourishes yin, clears empty heat, clears blood heat, nourishes the body fluids without producing any moisture, tonifies the Qi, calms the yang, counteracts night sweats, equilibrates the Qiao mai and calms HUN and SHEN.

COOL MOON can be used together with **YIN ROOT** and **SAN BAO TEA** to nourish the kidneys and harmonise the shao yin and **MOON ESSENCE** if the empty heat prevails.

MOON ESSENCE used for oestrogen deficiency is stronger in nourishing the yin and treating empty heat with insomnia. **COOL MOON** is better when the empty heat moves into the yang ming and produces Gu Zheng (bone heat) syndromes with restless legs, hot extremities and hot flashes. Both remedies can be administered together for a long period of time. Those herbal remedies should not be used in case of yang deficiency with internal coldness and cold fire (han huo).

The patient should refrain from tobacco, hot spices, alcohol, garlic, leeks, onions, chives, dill, pepper, lamb, coffee and seafood.

Menopause

283

Cool Moon 700st

104,00

COOL MOON is applied for the treatment of menopausal symptoms including hot flashes and restlessness. This herbal remedy nourishes yin, clears empty heat, clears blood heat, nourishes the body fluids without producing any moisture, tonifies the Qi, calms the yang, counteracts night sweats, equilibrates the Qiao mai and calms HUN and SHEN.

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The patient should refrain from tobacco, hot spices, alcohol, garlic, leeks, onions, chives, dill, pepper, lamb, coffee and seafood.

GODDESS OF COMPASSION 2 is used for the treatment of chickenpox in the chronic stage. Chickenpox (or chicken pox) is a highly contagious disease caused by primary infection with **varicella zoster virus** (VZV). It usually starts with vesicular skin rash mainly on the body and head rather than at the periphery and becomes itchy, raw pockmarks, which mostly heal without scarring.

The early (prodrChickenpoxomal) symptoms in adolescents and adults are nausea, loss of appetite, aching muscles, and headache. This is followed by the characteristic rash, malaise and a low-grade fever that signal the presence of the disease. In children the illness is not usually preceded by prodromal symptoms and the first sign is the rash. The rash begins as small red dots on the face, scalp, torso and upper arms and legs; progressing over 10–12 hours to small bumps, blisters and pustules; followed by umbilication and the formation of scabs. At the blister stage intense itch is usually present. Blisters may also occur on the palms, soles and mucous membranes, and painful, shallow ulcers may appear in the mouth, the top of the throat and the genital area. These symptoms appear from 10 to 21 days after infection, and the infected person is typically infectious from one to two days prior to the appearance of the rash and remains infectious until four or five days after its appearance. Adults may have a more widespread rash, and longer fever; and are more likely to experience complications, such as varicella pneumonia. The most common late complication of chickenpox is shingles (herpes zoster), caused by reactivation of the varicella zoster virus decades after the initial episode of chickenpox.

This strong herbal remedy penetrates in QI FEN, YING FEN and XUE FEN and should always be used in high doses. GODDESS OF COMPASSION 2 reaches the deepest layers of the body (Xue Fen) and drains damp heat toxins (Shi Re Du = Virus) through the elimination channels, clears heat (antipyretic), clears blood heat (skin rashes), eliminate wind damp heat from the skin layer (damp skin rash) and prevents the encapsulation of damp heat toxins in Xue Fen (with late effect = herpes zoster). This preparation can be combined with GODDESS OF COMPASSION 1. Like all Wen Bing Lun remedies GODDESS OF COMPASSION 2 has a very cold property and should not be used in case of spleen and kidney yang deficiency with internal damp cold. All Wen Bing Lun formulas can be prescribed as a decoction.

The patient should give up chocolate, sugar, dairy products, animal protein, sausage, lamb, chicken, poultry, alcohol, fish, seafood, yogi tea, nutmeg, coriander, cinnamon, cloves, chilli, fennel seeds, garlic, onion, chives, leek and hot spices.

Chickenpox - Acute Stage

786

Goddess of Compassion 1

25,80

GODDESS OF COMPASSION 1 is used for the treatment of chickenpox in the acute stage (WEI FEN). Chickenpox (or chicken pox) is a highly contagious disease caused by primary infection with varicella zoster virus *Chickenpoxus* (VZV). It usually starts with vesicular skin rash mainly on the body and head rather than at the periphery and becomes itchy, raw pockmarks, which mostly heal without scarring.

The early (prodromal) symptoms in adolescents and adults are nausea, loss of appetite, aching muscles, and headache. This is followed by the characteristic rash, malaise and a low-grade fever that signal the presence of the disease. In children the illness is not usually preceded by prodromal symptoms and the first sign is the rash. The rash begins as small red dots on the face, scalp, torso and upper arms and legs; progressing over 10–12 hours to small bumps, blisters and pustules; followed by umbilication and the formation of scabs. At the blister stage intense itch is usually present. Blisters may also occur on the palms, soles and mucous membranes, and painful, shallow ulcers may appear in the mouth, the top of the throat and the genital area. These symptoms appear from 10 to 21 days after infection, and the infected person is typically infectious from one to two days prior to the appearance of the rash and remains infectious until four or five days after its appearance. Adults may have a more widespread rash, and longer fever; and are more likely to experience complications, such as varicella pneumonia. The most common late complication of chickenpox is shingles (herpes zoster), caused by reactivation of the varicella zoster virus decades after the initial episode of chickenpox.

One should be aware that in case of infectious diseases (Wen Bing Lun = Virus = Damp Heat Toxins) like chicken pox and others, the pathogenic influences is already hiding in the deepest layer of the organism (XUE FEN) and just shows off his head in WEI FEN (Surface = Skin layer). This is the reason why high dosages are recommended right from the beginning. This is a very important rule of treatment which should be respected with all Wen Bing Lung ailments particularly with children illnesses. **GODDESS OF COMPASSION**, like all Wen Bing Lun remedies has a cold property and should not be used in case of spleen and kidney yang deficiency with internal damp cold. All Wen Bing Lun formulas can be prescribed as a decoction.

The patient should give up chocolate, sugar, dairy products, animal protein, sausage, lamb, chicken, poultry, alcohol, fish, seafood, yogi tea, nutmeg, coriander, cinnamon, cloves, chilli, fennel seeds, garlic, onion, chives, leek and hot spices.

Hun Dysfunction

338

Spiritual Soul Gate - HUN

25,80

SPIRITUAL SOUL GATE is used for treatment of HUN, especially in case of an uprising of the GUI (repressed impressions, phantasms, pictures). This is a strong herbal formula, with calming properties and should be used for the treatment of excessive dreams, sleepwalking, hallucinations, neurosis and psychosis. This precious herbal composition nourishes the yin, the blood, calms the yang and settles down the internal winds. **SPIRITUAL SOUL GATE** can also be used for the treatment of eye diseases, hypertension, insomnia, dizziness and headache. It is requested to take this formula in the late afternoon or just before going to bed.

SPIRITUAL SOUL GATE can be combined with **SPIRIT'S HALL** in case of an exhaustion of the heart yin, **ANIMAL SOUL DOOR** to consolidate the PO and improve the control power of the PO (Metal) over the HUN (Wood), **INTELLIGENT LODGE** to calm the side effects of the YI, **WILL'S CHAMBER** to nourish the water in order to calm the GUI. It is also recommended to nourish the blood with **IRON DROPS**, the heart Yin with **DEEP SLEEP FORTE** and the yin generally with **YIN ROOT** and **SAN BAO TEA**.

This herbal remedy should not be used in case of yang deficiency, internal damp and phlegm cold, or in case of pathogenic factors.

The patient should refrain from drogues, tobacco, coffee, black and green tea, alcohol, hot spices and garlic.

PO Dysfunction

339

Animal Soul Door - PO

25,80

ANIMAL SOUL DOOR is used for the treatment of PO (the architect of the body). This precious herbal remedy tonifies softly the Qi, nourishes the yin of the lungs, stabilised the PO, reinforces the immune system and prevents serious disorders such as cancer (zhong liu) and autoimmune diseases. **ANIMAL SOUL GATE** is used for the long-term consequences of emotional and physical shocks, separation, accidents, operations and nightmares: its major property is the treatment of YIN GUI: spiders, insects, snakes, etc. This herbal formula can be combined together with lungs and kidneys Yin formulas like **DEW DROPS** in case of chronic bronchitis, **GENTLE BREATH** for the treatment of asthma, **DRY TIGER SYRUP** to promote the expectoration of mucus and calm the lunge Qi, **SAN BAO TEA** and **YIN ROOT** to nourish the kidney yin and consolidate the Qi. One can also use some psycho-medicines like the: **FIVE SPIRITS FORMULAS** (**WAnimal Soul Door - POU SHEN**) as **SPIRITUAL SOUL GATE** (**YANG GUI** = phantasms) to improve the sleep and calm the **YANG GUI** (phantasms – many dreams and mental projections) during the night. This herbal remedy is contraindicated in case of Yang deficiency with damp cold stagnation in the stomach, large intestine and small intestine.

The patient should avoid computer games, too much TV, drogues, marijuana, tobacco (it damages the lunge yin) spicy food, junk food, alcohol, aspartame, and coffee.

Shen Dysfunction

378

Spirit's Hall - SHEN

25,80

SPIRIT'S HALL is applied for the treatment of shen dysfunction. This herbal remedy calms the side effect of Ego Clinging, internal heat, insomnia, over thinking and neurosis. **SPIRIT'S HALL** opens the eight subtle channels of the heart, nourishes the heart, calms internal winds, calms the mind, clears blood heat, dissolves blood stasis and harmonises the relation between the heart and the kidneys. This highly effective alchemical preparation has a **SHEN** balancing, calming and clarifying property and should always be used in case of insomnia and slight mental confusion.

SPIRIT'S HALL can be combined with **FINDING BALANCE** in case of psychosis, **INTELLIGENT LODGE** to control the side effects of the conceptual mind (Yi Plus), **SPIRITUAL SOUL GATE** to calm the Yang Gui and the mental projections, **ANIMAL SOUL DOOR** to prevent the **YIN GUI** and nightmares, **PEACEFUL NIGHT** to relax the Qi and improve the sleep, **DEEP SLEEP FORTE** to nourish strongly the yin, clear the empty heat, stop night sweating and promote a deep sleep and **WILL'S CHAMBER** to consolidate the **ZHI** and prevent panic attack.

SPIRIT'S HALL is one of the **WU SHEN** (five Daoist **SHEN** pattern formulas), and should be used for the treatment of mental imbalance, with restlessness, neurosis and insomnia. This herbal should not be used in case of infectious sicknesses with high fever or wind cold and damp draft.

The patient should refrain from tobacco, drogues, black and green tee, coffee, any stimulant and should eat light but cooked food.

Yi - Dysfunction

337

Intelligent Lodge - YI

25,80

INTELLIGENT LODGE is indicated for treatment of Yi Dysfunction (conceptual mind - obsessive thinking) and it is one of the five famous **WU SHEN (Five SHEN)** formulas. This formula relaxes and soothes the **YI** and calms the conceptual mind. **INTELLIGENT LODGE** is recommended for the treatment of obsessive thinking or the inability to accept the situation as it is and the necessity to understand everything. This formula is a very precious one and can be used with great results when the **YI** obstructs the free flow of Qi and Blood and limits the function of the **PO**.

This herbal formula can be combined with **HAPPY DAYS** in case of Qi stagnation and bad mood, **PEACEFUL NIGHTS** to improve the sleep and **BURN OUT RELIEF** if the **Yi** is exhausting the yin. The patient should refrain from hot spices, coffee, droges and smoking. This herbal remedy should be considered as a key one and can be used when the **YI** is obstructing the free flow of life energy.

The patient should stop coffee, green and black tea. Intelligent Lodge - YI

Zhi Dysfunction

342

Will's Chamber - ZHI

25,80

WILL'S CHAMBER is among the **WU SHEN** remedies recommended for the treatment of **ZHI** minus or lack of willpower, anxiety and fear. This herbal remedy nourishes the essence, consolidates the kidney Qi, increase one's vitality, pacifies the mind, harmonises the Qiao Mai, improves sleep and the relation between heart and kidneys. **WILL'S CHAMBER** can be combined with **YANG ROOT** and **RINCHEN TEA** to nourish the essence and the kidneys with warm herbs, **SAN BAO TEA** and **YIN ROOT** to nourish the kidney with an equilibrate prescription, **SECRET POWER** to warm strongly the kidneys and improve one's libido and fertility. **WILL'S CHAMBER** can be combined with all the other **WU SHEN** remedies.

The patient should refrain from cold and raw food, salads, tomatoes, cucumber, soya products, dairy products, coffee, black tea and do some Qi Qong or meditation.

Yang Deficiency - Chronic - Tablets

388

Yang Root 140st

25,80

YANG ROOT is for the treatment of Yang deficiency and belongs to the most important formula from the Diolosa line. This powerful herbal remedy warms the gate of life, consolidate the kidney Qi and nourish the essence and the blood with warm herbs. This herbal remedy can be combined with RINCHEN TEA which has the same property, SECRET POWER to give more stamina increase the libido and fertility and LIFE ELIXIR. YANG ROOT should no be used in case of empty heat, damp heat or fire. This formula should be stopped for a while in case of infectious illnesses. YANG ROOT can also be mixed together with YIN ROOT if both kidneys are deficient. We usually advise to take YANG ROOT in the morning and YIN ROOT in the afternoon. This combination will tonify both kidneys simultaneously.

The patient should refrain from cold and raw food, salads, fruits, dairy products and cold drinks. Yang Deficiency

Yang Deficiency - Chronic - Tablets

388

Yang Root 700st

104,00

YANG ROOT is a long life remedy and belongs to the most important formula from the Diolosa line. This powerful herbal remedy warms the gate of life, consolidate the kidney Qi and nourish the essence and the blood with warm herbs. This herbal remedy can be combined with RINCHEN TEA which has the same property, SECRET POWER to give more stamina increase the libido and fertility and LIFE ELIXIR. YANG ROOT should no be used in case of empty heat, damp heat or fire. This formula should be stopped for a while in case of infectious illnesses. YANG ROOT can also be mixed together with YIN ROOT if both kidneys are deficient. We usually advise to take YANG ROOT in the morning and YIN ROOT in the afternoon. This combination will tonify both kidneys simultaneously.

The patient should refrain from cold and raw food, salads, fruits, dairy products and cold drinks. Yang Root 700stYang Deficiency - Chronic

Fever High - No Constipation

796

SHL Snow Tiger

25,80

SHL SNOW TIGER is used for treatment of Yang Ming fever without constipation. The tongue coating is usually yellowish and the patient has between 39° to 40° C fever. SHL SNOW TIGER is a modification of MA XING SHI GAN TANG specially created for the treatment of pneumonia. This herbal remedy has a strong fever reducing effect, clears Yang Ming heat and toxins and prevents the spread of the disease in the lungs (Pneumonia).

SHL SNOW TIGER should combined with COOLING DEW SUPP. to reduce the fever and SHL DRYING EARTH in case of dry constipation. This herbal remedy has a very cold property and belongs to the emergency pattern formulas and should be used for a short period of time only. SHL SNOW TIGER should not be used for the treatment of slight bronchitis, Wei Fen and Tai Yang Syndrom.

The patient should refrain from hot spices, animal proteins, poultry, sausage, chocolate, sugar, greasy and fried food and alcohol.

Fever High - Constipation

801

Fever High

25,80

SHL DRY EARTH is used for treatment of Yang Ming fever with dry constipation. The tongue coating is usually yellowish, brown, dry and thick and the patient has between 39° to 40° C fever. **SHL DRY EARTH** is a modification of **DA ZHENG QI TANG** with fire toxin herbs inside. This herbal remedy has a laxative property and a strong fever reducing effect, clears Yang Ming heat and toxins and prevents the spread of the disease in the lungs (Pneumonia).

SHL DRY EARTH can be combined with **COOLING DEW SUPP.** to reduce the fever and **SHL SNOW TIGER** in case of pneumonia. This herbal remedy has a very cold property and belongs to the emergency pattern formulas and should be used for a short period of time. **SHL DRY EARTH** should not be used for the treatment of normal constipation without pathogenic influences, spleen Qi deficiency or tai yang syndrome.

The patient should refrain from hot spices, animal proteins, poultry, sausage, chocolate, sugar, greasy and fried food and alcohol.

Yang Deficiency - Internal Cold

660

Warming the Root

25,80

Warming the Root is used to warm the kidney yang. This strong tonifying formula, warms the door of life (Ming Men - Du Mai 4), consolidates the kidney Qi, eliminates internal and external cold damp affecting the lower limbs (Feng Shi Bi Syndrom), the under warmer and the reproductiv organs, strengthens Chong, Ren and Du Mai and nourishes the essence (Jing).

The common symptoms are : Chills and aversion to Cold, Cold limbs, bright pale face, apathy, lethargy, soreness and cold in the lumbar region, weakness and cold of knees, low sex drive, impotence, or frigidity, sterility, spermatorrhea, copious clear urine, frequent urination or incontinence, reduced urine and edema, loose teeth, deafness, loose stool, especially early AM (cock's crow diarrhea), asthma or shortness of breath on exertion. Tongue Pale and flabby with a thin white coat. Pulse Deep, weak or minute and slow.

This herbal formula is used to treat long-lasting sicknesses with internal cold and exhaustion of the yang. Warming the Root should not be used in case of yin deficiency with empty fire, blood heat and uprooting of the yang.

This herbal remedy can be combined with many other yang boosting formulas like Yang Root, Rinchen Tea but also Regeneration in case of exhaustion of the Yuan Qi and Secret Power for the treatment of Infertility and low sex drive.

The average dosage is 3 x 3 until 6 tablets a day together with 9g *Foeniculum vulgare* semen, 6g *angelica archangelica* radix - 6g *artemisia vulgaris* herba 6g *glycyrrhizae uralensis* radix, 3g *cinamomi* cortex, 3g *illicium verum* in order to enhance the properties of this medicine.

The patient should refrain from cold and uncooked food especially green salad, tomato, cucumber, sugar, cold drinks, fruits, juices, coffee, black and green tea.

Yin deficiency - Chronic Stage - Tablets

389

Yin Root 140st

25,80

YIN ROOT is a long life remedy and belongs to the most important formula from the Diolosa line. This herbal formula should be used for treatment of kidney yin and Qi deficiency with exhaustion syndromes (Lao). This precious formula nourishes the yin and the blood, secures the kidney Qi and strengthens the postnatal source of the jing. This wonderful herbal formula can be combined with SAN BAO TEA which has similar properties. YIN ROOT does not produce any internal dampness or stagnation. Its composition is well balanced and it can be used over a long period of time. It is advisable to take it in the afternoon or late afternoon. YIN ROOT can also be combined with YANG ROOT in order to equilibrate the kidney energy, IRON DROPS to nourish the blood, and DEEP SLEEP FORTE to improve the sleep and control night sweating.

The patient should refrain from deep frozen and microwave food, junk food, hot spices, alcohol, seafood, lamb, chicken, tobacco and coffee. Yin deficiency

Yin Deficiency - Chronic Stage - Tablets

389

Yin Root 700st

104,00

YIN ROOT is a long life remedy and belongs to the most important formula from the Diolosa line. This herbal formula should be used for treatment of kidney yin and Qi deficiency with exhaustion syndromes (Lao). This precious formula nourishes the yin and the blood, secures the kidney Qi and strengthens the postnatal source of the jing. This wonderful herbal formula can be combined with SAN BAO TEA which has similar properties. YIN ROOT does not produce any internal dampness or stagnation. Its composition is well balanced and it can be used over a long period of time. It is advisable to take it in the afternoon or late afternoon. YIN ROOT can also be combined with YANG ROOT in order to equilibrate the kidney energy, IRON DROPS to nourish the blood, and DEEP SLEEP FORTE to improve the sleep and control night sweating.

The patient should refrain from deep frozen and microwave food, junk food, hot spices, alcohol, seafood, lamb, chicken, tobacco and coffee.

Yin Deficiency - Empty Fire

661

Clearing the Heat

25,80

Clearing Heat is used for the treatment of yin deficiency with empty heat. This herbal remedy nourishes the yin, clears empty heat, clears blood heat, nourishes the body liquids (jin ye) and the lunge yin, moves the lunge qi downwards, calms the liver and heart yang, calms deficiency fever and night sweating, consolidates the kidney qi, nourishes the jing and help for regeneration without producing internal damp and mucus.

This herbal remedy should be used to treat the side effects of radiotherapy, chemotherapy , long lasting sicknesses, side effects of pneumonia, chronic bronchitis, dry cough, night sweat, night fever, dry constipation, skin rashes, lost of body weight, hair loss and generally the exhaustion of the 3 yin of the body (jing, blood and jin ye).

Clearing the Heat can be combined with Yin Root and San Bao Tea to nourish stronger the essence and the internal liquids, **Dew Drops** in case of chronic bronchitis, **Gentle Breath** to treat asthma with dry and yellowish mucus difficult to expectorate, **Wind Tiger Syrup** to treat dry cough during the daytime and in the night and **Sugar Blues** to nourish the spleen yin and calm the stomach fire.

The average dosage should be 3 x 3 to 6 tablets a day together with some matricaria chamomilla flos - tee in order to calm the stomach fire and protect the yin .

This exceptional herbal remedy should be given during a long period of time . The patient should refrain from hot and spicy herbs, lamb and chicken meat, vinegar, pepper, chili, garlic, onion, leek, coffee and smocking tobacco.

Exhaustion Chronic - Zhong Liu

662

Nourishing the Essence

25,80

Nourishing the Essence is used for the treatment of internal liquids (Jin Ye), blood and yin deficiency. This powerful tonic nourishes the essence (jing), the internal (Jin Ye), the liver and heart blood, boost the postnatal source of the Jing and produces no internal dampness or mucus.

Nourishing the Essence is used mostly to treat the consequences or side effects of western treatment (Radiotherapie) damaging the three yin but specially in case of exhaustion (Lao).

The classical symptoms are : dry cough, dry throat, dry mouth, dry skin thirst, hoarse voice, cough with sticky sputum, blood tinged sputum, low grade fever or heat sensation in the evening time, malar flush, night sweats, five palm heat, insomnia, dizziness, tinnitus, vertigo, poor memory, deafness, sore back, constipation, dark-scanty urine. Tongue body is thin, short, narrow, dry red, with little coating and cracks in the middle of the tongue (shao yin) and lung area. The tongue coating is very thin, yellow and dry. The pulse is floating (fu), thin (xi), wiry (xian), quick (shuo), empty (xu). One should use **Clearing Heat** in case of empty fire. This herbal remedy should not be used in case of yang deficiency with internal cold, cold damp, polyuria and diarrhea.

In order to enhance the properties of **Nourishing the Essence** it is requested to take this herbal remedy together with : 9g foeniculum vulgare semen - , 6g carum carvi semen - , 6g aurantium pericarpium , 6g achillea millefolium herba - und 3g glycyrrhizae uralensis radix . This will protect the middle warmer and boost the postnatal source of the Jing. This herbal composition can be used with any yin tonic , as it will promote the digestion and protect the middle warmer.

Nourishing the Essence can be combined with **Holy Mountains Stream** to treat the side effects of radiotherapy and protect the lungs, **Dew Drops** to treat chronic bronchitis with dry cough, **Dry Tiger Sirup** to promote the expectoration of dry and sticky yellowish phlegm, **Gentle Breath** in case of dry asthma, **San Bao Tea and Yin Root** to boost the yin even stronger, **Sugar Blues** to nourish the internal liquids and calm the stomach fire, and **Clearing the heat** in case of empty fire .

The patient should refrain from deep frozen and microwaves food, hot spices, pepper, chili, garlic, onion, leek and alcohol.

Mucus/Tan Heat in the Upper Warmer

714

Heaven's Door

25,80

Clear Sky is used for the treatment of thick mucus heat and toxins located in the upper jiao. This herbal medicine eliminates thick mucus and heat toxins from the upper jiao, the lungs, thyroid gland, Luo channels and specifically the lymphatic system.

Clear Sky has a cold nature and can only be used for the short period of time. This formula should not be used in case of yang deficiency with internal cold damp and mucus.

The dosage should be 3 x 3 until 10 tablets a day , the treatment should be adapted according to the diagnosis. This formula can be combined with : **Five Shells** (salty and cold has a strong dissolving property on hardenings and masses in the upper jiao), **Five Dragons** (quickest herbal remedy to drain the Luo channels, settle pain and calms spasms), **Five Queens** (Tan or Zheng jia jia ju obstructing the blood vessels), **Heaven's Protection** (Prophylactic herbal remedy to drains all the LUO channels and removes thick mucus, Tan and blood stasis), **Five Herbs** (eliminates damp heat and toxins) and many other one from the list.

Der Patient should refrain from: hot spices, alcohol, chili, leek, onion, clove, dry ginger, pepper, chili, tobasco, seafood, lamb meat, poultry, pork's meat, sausage, tobacco, vinegar, chocolate, fried and greasy food, cheap oil, fatty cheese, mountain cheese, goat cheese.

Teeth Pain - Children - Tablets

315

White Pearls Tablets

25,80

WHITE PEARLS is indicated for the treatment of teeth pain in small children. This herbal remedy nourishes the kidney essence, stimulates the postnatal source of the Yin, prevents kidneys vacuity heat, calms the stomach fire without weakening the spleen, improves the sleep and reduces pain. **WHITE PEARLS** should be used preventively before the onset of the symptoms. It is also recommended to strengthen the kidney essence with **White Pearls Tabletse** with **YIN ROOT** or **SAN BAO TEA**. If the child is still breast feeding, the mother should take the remedies instead. **WHITE PEARLS** should not be used in case of Qi deficiency with internal cold, damp and phlegm cold or during any infectious sicknesses.

Teeth Pain - Children - Suppository

879

White Pearl Zäpfchen

25,90

WHITE PEARLS is indicated for the treatment of teeth pain in small children. This herbal suppository nourishes the essence, prevents empty heat from the kidneys, stimulates the postnatal source of the Yin, prevents kidneys calms the stomach fire without weakening the spleen, improves the sleep and reduces pain. **WHITE PEARLS SUPPOSITARY** should be used preventively before the onset of the symptoms. It is also recommended to strengthen the kidney essence with **YIN ROOT** or **SAN BAO TEA**. If the child is still breast feeding, the mother should take the remedies instead. **WHITE PEARLS SUPPOSITARY** should not be used in case of Qi deficiency with internal cold, damp and phlegm cold, Diarrhea or during any infectious sicknesses.

The child or the mother should refrains from sugar, acid fruits and specially fruits juices in the early morning as they might increase for a short time the stomach fire. Herbal tea composition with fennel, cumin, anis and star anis should be avoided as they might increase the fire of the stomach. It recommended to drink camomillae tea in order to calm the stomach yang.

Abscess - Mouth

1010

Gate of Life

25,80

GATE OF LIFE is used for the treatment of acute and painful infection and abscess in the mouth, gum and teeth root. This herbal remedy eliminates fire toxins from the upper warm and specially from the mouth, clears blood heat, dissolves blood stasis, stop bleedings and reduces pain. This herbal remedy has a very cold nature and should not be used in case of yang deficiency, cold stomach, damp cold in the stomach, chronic diarrhoea and polyuria.

The patient should take in the acute stage 3 x 4 until 6 tablets a day and should refrain from hot and spicy food, meat, alcohol, smoking tobacco and stress.

The herbal formula do not exclude a treatment from the dentist and can be used even if antibiotics are taken. This herbal remedy can be used also during pregnancy.

The major difference with **Dragon's Pearls** (Periodontitis) is that here, the acute inflammation is more important than the tonification of the yin. In acute case this medicine should always be the first choice.

Tick Bites - Acute Stage

407

Protection Screen

25,80

PROTECTION SCREEN is used for the acute allergic reactions to tick bites. This compound prevents the damp heat toxins (from the Yang Ming of the animal) to enter into the blood layer (Xue Fen) and the liver (Jue Yin).

This herbal for Tick Bites mulla clears and eliminates damp heat toxins from the blood layer, protects the nervous system (Ying Fen) and the joints (Yang Ming). **PROTECTION SCREEN** should be taken 12 days, without interruption immediately after the bite. This recommendation is valid for children. The same treatment can be used after the vaccination to protect the blood layer and the CNS (Ying Fen). **RED PROTECTION SCREEN** is an important herbal remedy; it should be used even if there is no obvious skin rash or local inflammation.

The patient should abstain during 12 days from animal protein, alcohol, seafood, fish, coriander, chives, garlic, onion, leek, chilli, hot spices and vinegar.

Coeliac Disease

830

Friendship

25,80

FRIENDSHIP is used for the treatment of **Coeliac disease**. Severe coeliac disease leads to the characteristic symptoms of pale, loose and greasy stool (steatorrhoea), and weight loss/weight gain or failure to gain weight (in young children). People with milder coeliac disease may have symptoms that are much more subtle and occur in other organs than the bowel itself. It is also possible to have coeliac disease without any symptoms whatsoever. Many adults with subtle disease only have fatigue or anaemia.

This herbal remedy strengthens the spleen Qi, transforms dampness, promotes the digestion of carbohydrates, proteins and fat, moves the constraint Qi, eliminates damp heat and toxins from the small intestine and nourishes the essence and the blood. **FRIENDSHIP** eliminates secondary damp heat toxins from the digestive tract and protects the organism from Zhong Liu. The small intestine should be considered as the postnatal source of the Jing. A dysfunction of this organ might exhaust the essence and be responsible for deficiency syndromes.

The patient should avoid wheat, barley, rye, triticale, kamut and oats and take this herbal remedy over a long period of time.

Peptic Ulcer

769

Temple of Peace

25,80

TEMPLE OF PEACE is used for treatment of **peptic ulcer**, also known as **PUD** or **peptic ulcer disease** specially **duodenum ulcer**. This herbal formula relaxes and disperses the constraint Qi, clears heat and fire toxins, clears blood heat, dissolves blood stasis, lowers the Qi of the small intestine, improves the digestion of food, controls the PH (acidosis) and counteracts hardenings.

This herbal remedy can be combined with **OPEN SPACE** in case of gastritis, **CONFIDENCE** if there is stomach ulcer, **HAPPY DAYS** to disperse strongly the Qi, **NO WORRY** to relax and calm the mind, **QUICK BELLY MOVEMENT** and **DIGEST TEA** to promote the digestion of carbohydrates, fat and meat, **PEACEFUL NIGHTS** to improve the sleep and calm the mind, **INTELLIGENT LODGE** to calm the conceptual mind (Yi) since ulcers are mainly resulting from stress and over thinking and **BURN OUT RELEASE** in case of stress and exhaustion of the yin. **TEMPLE OF PEACE** should not be used in case of spleen yang deficiency and stomach coldness.

The patient should refrain from vinegar, hot spices, onion, garlic, chives, pepper, chilli, alcohol, fruits, coffee, and tobacco.