

**As many as 1 in 3 adults  
in the USA currently  
suffer from chronic joint  
symptoms or arthritis...  
Could you be one of  
them?**



Arthritis isn't just one disease; it's a complex disorder that comprises more than one hundred distinct conditions and can affect people at any stage of life. Two of the most common forms are osteoarthritis and rheumatoid arthritis.

Those who suffer from arthritis are well aware that certain climatic conditions are the greatest contributors to the pain and suffering that characterize this disease. These climatic conditions coincide with the name that traditional Chinese medicine has given arthritis, which is wind damp disease or bi-syndrome. Arthritis or wind damp disease is the inflammation of a joint characterized by pain, swelling, stiffness, and redness.

Arthritis may involve one or many joints and can vary in severity from mild aching and stiffness to severe pain. In severe cases arthritis can cause deformity of the joint. Osteoarthritis, also known as degenerative arthritis, is the most common type and is a result of wear and tear on the joints.

Rheumatoid arthritis, the most severe type of inflammatory joint disease, is an autoimmune deficiency disorder in which the body's immune system acts against and damages the joints and surrounding soft tissues, causing many joints – most commonly those in the hands, feet, and arms – to become painful, stiff, and deformed.

Ankylosing Spondylitis is arthritis of the spine, wherein the joints linking the vertebrae become inflamed and the vertebrae fuse. This type of arthritis may spread to other joints, most often to the hips. Gout is associated with another form of arthritis in which uric acid (one of the body's waste products) accumulates in the joints in the form of crystals, causing inflammation and usually affecting one joint at a time.

**What can Chinese herbs do to help?**

Traditional Chinese medicine has had marked success combating the symptoms associated with arthritis by using herbs that relieve the pain, swelling in joints, especially when warm to the touch, found in the legs, knees, and ankles, as well as stiffness and/or reduced range of motion. We use herbs which improve circulation to the affected areas, herbs that strengthen and relieve pain, and herbs that clear heat and lubricate the joints.



*We have found two formulas especially helpful in treating arthritis*

### **Juan Bi Tang**

*Remove Painful Obstruction Decoction*

This traditional Chinese herbal formula is well known for its ability to relieve joint pain that increases with cold, damp weather and is effectively used for osteoarthritis, as well as rheumatoid arthritis, gout, and bursitis. It combines herbs like: Qiang Huo and Du Huo to relive painful joints in both the upper and lower extremities of the body, Qin Jiao, Sang Zhi, and Hai Feng Teng all effectively expel dampness from the bones and joints, Dang Gui and Chuan Xiong improve circulation to the affected areas, which helps to eliminate the pain. Ru Xiang assists in circulation and helps to reduce localized pain, Mu Xiang benefits the spleen and improves fluid metabolism, Rou Gui improves circulation and directs the action of the other herbs in this formula, and Zhi Gan Cao harmonizes their actions and improves the taste of the formula.



The Juan Bi Tang raw herb formula is either made into tea or the powdered herbs can be added to your favorite smoothie or even made into capsules. It is also available in the pill form, which is definitely easier to use.

**Cost:** One batch of the raw herb formula will last about 15 days and costs \$19.99 item # 77, we discount on long term use and a 60-day supply is \$77.99 item # 7760. One bottle of the pills contains 200 pills and will last about 8 days (taking 8 pills 3 x daily) and costs \$11.99 item # 77PF, we discount on long term use a 60-day supply is \$139.99 item # 77PF60.



## Guan Jie Yan Wan

### Close down Joint Inflammation Pills

This patent formula is well known for its ability to provide relief for sufferers of arthritic pain in legs and feet. It is an outstanding formula for the treatment of arthritis, rheumatism, and aching joints and is useful for those periodic flare-ups of the sciatic nerve as well as rheumatoid arthritis.

Guan Jie Yan Wan combines the following herbs to treat arthritis: Gui Zhi and Gan Jiang are warming herbs that will relieve pain in the back, legs and knees. Du Huo will also relieve pain in the back and knees. Hai Tong Pi, Cang Zhu and Yi Yi Ren will relieve pain caused by wind dampness and muscle aches, while increasing circulation. Han Fang Ji will improve circulation and move Chi (energy) to the lower extremities. Qin Jiao and Han Fang Ji are anti-inflammatory and will relieve pain, while Niu Xi increases circulation and relieves musculoskeletal pain.

**Cost:** The formula comes in bottles of 200 pills, and daily dosage is 8 pills 3 x daily which can be increased to 12 pills 3 x daily in severe cases – however, always check with us first before increasing dosage. One bottle will last about 10 days and costs \$13.99 item # 79A, we discount on long term use offering a 60-day supply at \$99.99 item # 79A60.



***Both of these formulas can be relied upon to efficiently treat the symptoms of arthritis and provide the user a better quality of life***



Our website also carries additional formulas that are very effective for the treatment of arthritis, for more information use this link to our site: <http://seaofchi.com/General%20Health-270/Arthritis%20and%20Back%20Pain%20Relief-274>

If you'd like to know more about arthritis formulas, or if you would like to purchase, please give us a call or send an email. We look forward to hearing from you.



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