



Although the importance of strength training is undeniable, the value of strength training and muscle development which are a component of martial arts training is all too often overestimated.

Proof of this is the disproportionate amount of attention that is given to developing the “buff” physique compared to the amount of time and attention assigned to stretching & maintaining flexibility.

The frequency of this rather common oversight is substantiated by the high number of injuries involving the ligaments and tendons. Sprains, strains and tears of the hamstring and other supporting structures are some of the most common

**Our Jin Gu Jia Wan is 100% pure
— made from the highest
quality organically grown
Chinese herbs and we
guarantee it’s efficacy**

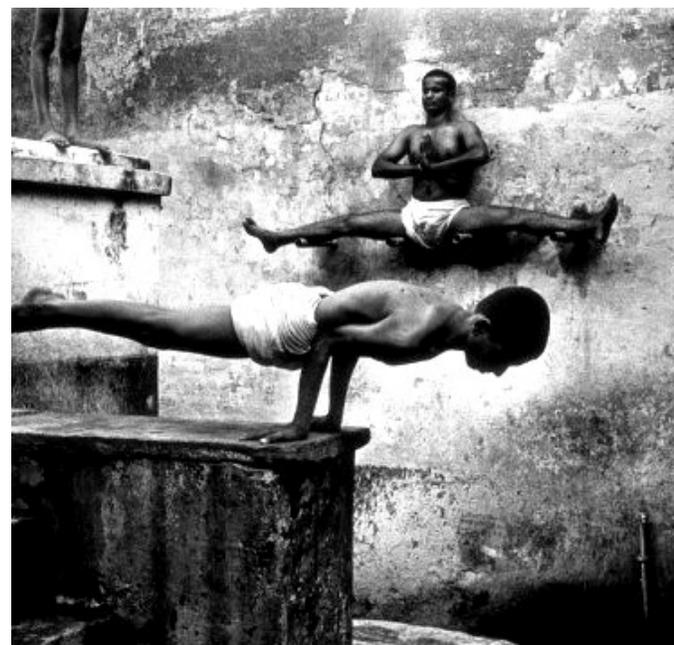
SPEED X STRENGTH = POWER

**is flexibility
the key to this
equation?**

injuries among martial artists ... regardless of the style that they practice.

Increasing flexibility is the greatest deterrent to avoiding such injuries, as well as increasing speed and power in executing kicking techniques. A common strategy among ancient martial artists for increasing and maintaining flexibility was regular massage with herbal oils and embrocations and the use of herbal formulas that are known to improve flexibility by increasing synovial fluids and blood circulation to the tendons and joints.

Information on one such herbal formula is discussed in this newsletter.



We proudly present **Jin Gu Jia Wan**

JIN GU JIA WAN contains blood enriching herbs as well as herbs that nourish and replenish synovial fluids. AKA Golden Relic, it's ability to lubricate the joints, ligaments, and tendons, make it a valuable tool for martial artists interested in improving circulation in the lower extremities thereby increasing flexibility as well as strengthening the ligaments, tendons, and joints.

While we can't promise to have your flexibility "over the top" like the Shaolin monk pictured to our right; Jin Gu Jia Wan will certainly take your martial arts to a level never reached before.

Traditionally Jin Gu Jia Wan has been taken over a 60-day period; however, depending on the extent of your inflexibility, a 90-day treatment may be necessary ~ and long term use is safe & recommended.

What differences can you expect to experience?

Our **JIN GU JIA WAN** can certainly be relied upon to strengthen the muscles and tendons and increase flexibility. Here's a brief analysis of how the herbs work together to increase flexibility and strength.

Shu Di Huang enriches the blood. Shan Zhu Yu and Shan Yao act together to tonify the Liver and Kidneys, and strengthen the knees. Mu Dan Pi increases blood circulation. Fu Ling tonifies Spleen and Stomach. Ze Xie affects fluids in the lower body, and Niu Xi treats weakness in the lower extremities. Che Qian Zi and Gou Qi Zi strengthen the Liver and Kidneys and increase Yin fluids.





How to best use this formula?

Traditional Chinese medicine recommends preparing this herbal formula into a medicinal wine (yao jiu), which must age for a minimum of 90-days to allow the herbal properties to be properly extracted. Daily dosage would be to drink one 50ml shot glass full, and treatment is recommend for a minimum of 90 days or as long as necessary for optimum energy enhancement. Once prepared the yao jiu can be safely stored for many years; as a matter of fact, the longer it continues to age the more powerful its abilities will become.

Not interested in making a wine?

For those who don't have the time to wait for a yao jiu to age or prefer not to drink alcohol; we will powder the herbal formula and the powder can be added to capsules, or a smoothie or juice and drunk that way. A \$10.00 extra fee must be applied for powdering.

Daily dosage (for capsules) is 3 caps 3 x daily, when adding the powder to juice/smoothie, mix one heaping teaspoon into 8 ounces of juice/smoothie and drink that 2-3 x daily. However, we would be remiss if we did not state that while effective when used this way, a medicinal wine does make a more potent brew and the formula's effects are more powerfully felt. Whether you decide to prepare the traditional medicinal wine or use the powdered herb in capsules or a smoothie, we will provide easy-to-understand processing instructions.

HOW TO ORDER

The overall health benefits of **JIN GU JIA WAN** are legendary. Perhaps, you owe it to yourself to discover the reason for the legend of this powerful formula?

If you'd like to know more about **JIN GU JIA WAN** or if you would like to purchase, please give us a call or send an email. We look forward to hearing from you. This item can be purchased on our website @ <http://seaofchi.com/Martial-Training-305/improve-flexibility-using-Chinese-herbs-310>

COST

A 60-day supply of **JIN GU JIA WAN** is \$59.99 (refer to # 74W60).

Once aged the jiu should last the user about 60-90 days, when powdered it should last about 60+ days.

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