



Getting Healthy with Chinese Herbs

A Black Perspective

THE AFRICAN AMERICAN'S
GUIDE TO USING
CHINESE HERBS

By
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About the Author

How it all began, NYC c1973

Even though most of you are probably familiar with the term “spiritual awakening,” for those who aren’t, imagine that you’re going along living a normal life, and one day, out of the blue, without any warning whatsoever, you have this strange experience that changes your life forever. Like most spiritual awakenings, my epiphany occurred on what started out to be just another ordinary day. What makes my experience unique is the fact that, not only did it have profound spiritual implications; it was also the first step on the journey that would ultimately lead me to discover “my calling,” traditional Chinese medicine. Although I’ve tried, I still have difficulty describing my feelings the morning it all began except to say, that as I laid there quietly listening to the sound of a songbird’s melody, feeling like my eyes had been nailed shut, I was overcome by a sense of profound peace, unlike anything I had ever experienced. As my senses slowly adjusted to re-entry into the physical world, it was like being out-of-my-body in a dimension beyond my physical being, as I lay motionless, gazing through my mind’s eye while my life (in fast forward) flashed before my eyes. In the days and weeks following that unearthly experience, strange things started happening that, even by the furthest stretch of the imagination, were beyond mere coincidence. It was as if the spiritual seed implanted in me when my grandfather baptized me at the tender age of eight, had suddenly come to fruition. And with its flowering, set in motion a series of life-altering events.

The first in a series of inexplicable happenings, occurred the following morning when I awakened at the crack of dawn, skipped breakfast, and headed out the door for a stroll through Thompkins Square Park. Entering the park from Avenue A, I was greeted by a strong odor of urine coming from a bench nearby occupied by a shoeless man carrying on a conversation with his self; as I attempted to navigate my way past benches littered with everything from discarded articles of clothing, to used drug paraphernalia. Venturing further into the park, little by little, the signs of human suffering was displaced by dawn’s radiance, and the joyful sound of urban wildlife scampering through the trees. Wanting to take it all in, I paused and took a seat on a bench next to a homeless man who was catching his breath after loading a shopping cart with his worldly possessions. After exchanging introductions, my new acquaintance and I had gotten into an interesting conversation about duality, and life’s ups and downs, when our conversation was interrupted by a martial artist who had been quietly meditating on a bench nearby, when he began an impromptu performance of the classic Kung Fu form Eighteen Buddha Hand. Even though I had no prior interest in the martial arts, after observing the kung fu stylist’s masterful performance, for the better part of an hour, I immediately made the decision to begin training in Wing Chun Kung Fu.

Little did I realize that my kung fu training would lead to me discovering traditional Chinese medicine, or that the ancient healing art’s guiding principles would be influential in my decision to make some major lifestyle changes. Such as: becoming vegan, a decision that was influenced by a new appreciation for all of God’s creatures, and the development of a reverence for life that made me realize the unnecessary cruelty in killing animals for food; a conscious effort to exercise greater sexual restraint, after learning about Taoism’s theories on sexual conservation and its relationship to health, longevity and spiritual development; and last but not least, making a commitment to adopt meditation as a daily practice. It was during that transformative period, that what began as a casual interest in Chinese medicine blossomed into a full-blown love affair that led me to study the ancient healing art that would ultimately become my lifework.

My training in traditional Chinese medicine began in 1974 with a clinical internship in Chinese Medicine (Acupuncture) that was part of a three-and-a-half-year work/study program at the Institute of Traditional Chinese Medicine First World Acupuncture New York City. Additional studies included Mantak Chia’s Healing Tao Iron Shirt Chi Kung, as well as Seminal Ovarian Kung Fu, and Advanced Acupuncture and

Chinese Herbology at the Academy of Chinese Culture and Health Sciences in Oakland, CA, Advanced Acupuncture and traditional Chinese Herbology under Chief instructor of Herbology and Master Herbalist, Dr Lai Fu Cai, along with continuing study in Chinese Herbology at the Institute of Chinese Herbology in Berkeley, California. I have also studied and received certification in the following Chinese physical therapies: Tien Tao Chi Kung, and standing and walking meditation. My commitment to the traditional concept of combining martial and healing arts is reflected in my training in Chinese Goju Martial Arts, and my advancement to the level of Kyoshi (sixth-degree Black Belt). I am the recipient of the University of Martial Arts and Science Humanitarian Award for Notable Achievement and Excellence in Holistic Medicine, I was inducted into the Chinese Goju Hall of Fame by Grandmaster Shidoshi Ron Van Clief in 1994, and became a lifetime member of Chinese Goju International in 2013. In 2021, I was awarded the coveted Gold Medal by Grandmasters Ron Van Clief and Al Damascus, along with being inducted into the Ultimate Warrior Hall of Fame.

Additional studies include: Yoruba, Taoist, and Christian religions, as well as Rosicrucian philosophy. I am the founder and president of the online company Treasures from the Sea of Chi (AKA seaofchi.com), which sells Chinese herbs for general health, and specializes in herbs used in martial arts training. In addition to *Getting Healthy With Chinese Herbs | A Black Perspective*, other books that I've written are: *The Warrior as Healer*, *Chinese Herbal Medicine Made Easy*, *Blending Botany and Budo*, *Martial Esoterica*, *Kung Fu Medicine*, and *Slaying the Dragon*, I have also served as a contributing editor for Martialforce.com a martial arts e-magazine.

Acknowledgments

As I sit here writing this acknowledgment, reflecting on how blessed my life has been since my “awakening.” I’d like to take this opportunity to express my gratitude to the following heroes and sheroes of the Black community whose dedication to providing alternative health care to low-income, medically underserved minority communities, inspired me to make sharing the gift of Chinese medicine my life’s work—and to whom I respectfully, dedicate this book.

- Alfredo Bowman “Dr. Sebi”
- Audley Moore “Queen Mother Moore
- Queen Mother Alma John
- Urayoanna Trinidad, the Institute of Traditional Chinese Medicine New York City (FWAA)
- Dr. Mutulu Shakur
- Dr. Lai Fu Cai, the Academy of Chinese Culture and Health Sciences, Oakland, CA
- Bennie Belcher, AKA “Daddy Bennie” (the seed planter)
- Grandma Lessie Belcher
- Carmen Quinone’s (my spiritual mother)
- Ruby Blanchard (my birth mother)

Last, but certainly not least, all praise is due to God, Allah, Jehovah most high, who is truly the source of all healing!

And finally, I would like to thank my “sweetie” Judy Joiner, my heart, my life, my one and only love of my life, my wife. Whose unwavering support has sustained me through this book’s writing, and everything that I do.

Preface

According to some of the nation's leading medical experts, when it comes to healthcare for Black people here in the U.S., it's a lack of accessibility and the inferior quality of the healthcare that African Americans and other people of color, receive compared to the treatment received by White Americans, that's the primary reason why Black and Brown people are dying in disproportionate numbers from illnesses like Heart disease, Cancer, Diabetes and Stroke. Another contributing factor to the higher death rate among Black Americans is the fact that not only do people of color receive inferior medical treatment, but according to statistics, a large percentage of African Americans are living below the poverty level and simply can't afford medical insurance. As a consequence, when we become ill, we're forced to postpone treatment, which not only subjects us to more pain and suffering, but far too often, it ends with the death of someone whose life could have been saved with early treatment.

The reluctance to seek medical help when we're ill, might be easier to understand when you consider that not only is medical insurance often unaffordable, but many Black Americans have a deep-rooted fear and distrust for our healthcare system that's a result of a long history of racist, unethical practices. Some notable examples are:

- The exploitation of Henrietta Lacks, the Black female patient whose cervical cells were taken by researchers in 1951 (without her or her family's consent or remuneration), and were used to create the first human cell-line "Hela," which has been used globally to advance modern medicine in the development of vaccines, and invitro fertilization;
- The Tuskegee Syphilis study, where researchers experimented on Black men infected with syphilis for forty years without their informed consent, intentionally withheld the necessary treatment to cure them, and only ended the study in 1972 when it was publicly condemned;
- The first large-scale clinical trial for birth control pills in the 1950s, where researchers relying on eugenics, secretly targeted Puerto Rican women in the poorest cities in Puerto Rico (without their informed consent), to test high-dose birth control pills;
- The forced sterilization of ICE detainees today.

And while you might assume that the situation is better for Black people who have medical coverage, unfortunately, that's not always the case. Even if you're fortunate enough to have health insurance, and make the dreaded decision to visit a doctor, in a majority of cases, your options are limited to out-patient treatment that involves taking prescription drugs that have unpleasant side-effects, or surgery. And the *coup de grâce*, and perhaps most alarming of all, are the reports stating that according to hospital records, a large percentage of patients who die each year don't die from the disease they're being treated for; they succumb to complications of the disease. In other words, in the final analysis, it's organ failure or some other so-called "complication" that's often caused by the medicine that they were taking to treat the disease, not the disease itself, that was ultimately the cause of death.

When you consider the race issue along with the inherent danger that comes with taking some Western medication, such as: organ damage, addiction, and impaired sexual functioning, all of this underscores the need for poor, medically underserved people of color, to end our dependency on Western medicine as our only source of medical treatment, and explore safer, non-addictive options, for maintaining our own health, as well as the health of our loved ones.

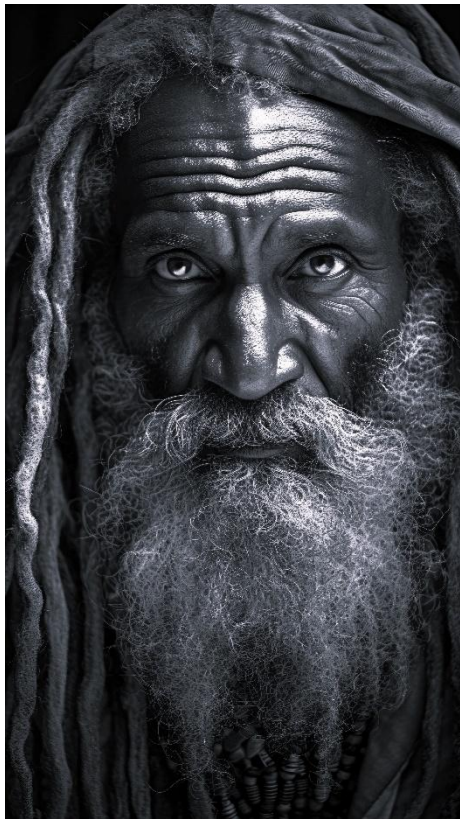
What if I told you that the book that you're holding in your hands offers an alternative that can be used to treat many of the diseases affecting African Americans and people of color, such as Diabetes,

Hypertension, Sickle-cell Anemia, Stroke, etc., and more importantly, it treats them without the negative side-effects associated with conventional Western medicine. What I'm talking about is Chinese Herbal medicine. If you're sick and tired of being sick and tired, and are fed-up with taking one pill after another, this book can change your life. *Getting Healthy With Chinese Herbs | A Black Perspective* is the solution you've been looking for, so that you can finally put an end to the vicious cycle of multiple prescription use, by opening the door to a safer, healthier, more natural way to treat illness.

In closing, I'd like to set the record straight by saying that although the book's title leaves little doubt about the ethnicity of the group that inspired its writing, it really doesn't matter what color you are, if the information within these pages contributes to the betterment of your health, it will have served its purpose. Because the truth of the matter, is that my greatest satisfaction would come from knowing that *Getting Healthy With Chinese Herbs | A Black Perspective* has been a useful resource for everyone, regardless of race, religion, politics, or sexual orientation, whose common goal is to find a safer, effective, more natural form of medical treatment.

Introduction

Although I can't remember my exact age at the time, what I do recall, is that it was my grandmother on my mother's side, affectionately known as Grandma Lessie, who first introduced me to herbal medicine. Even though it's been a while since her passing, what I remember most about her is that she always wore a crucifix around her neck for protection, she carried her change purse tucked away in her buxom along with a switchblade in case she ran into heathens, she didn't take no crap, and wasn't overly fond of doctors. Like most African Americans of her generation, when she became ill, more often than not, she relied on prayer, and herbal remedies. As a result of that early exposure to plant medicine by elders who cooked a pot of greens at least once a week, and, after cooking them, poured some of the juice (pot liquor) into a mason jar that was stored away and used for medicinal purposes; I was no stranger to botanical medicine and the concept of using herbs to promote health, as well as for treating illness. But it wasn't until after I read the Western herbal classic *Back to Eden* by Jethro Kloss; that I finally understood what my grandmother meant when she tried to explain to me in her soft-spoken, down-home-way that even though a great deal of the healing ability of plants remains undiscovered, all plants have healing power. Through botanical medicine, nature has provided mankind with the means to cure all human afflictions. Opinionated and God-fearing, Grandma Lessie was a firm believer that herbs are a gift from God, that he provided for humanity to treat illness, and minimize pain and suffering.



That's why it came as no surprise that after years of research into human evolution and the origin of medicine, historians and medical scholars both agree with Grandma Lessie's assertion, that botanical substances were indeed, primordial man's original medicine. Their conclusion, which is based on extensive Anthropological studies and Archeological evidence in the form of cave-drawings, and other ancient artifacts, support the idea that throughout human history, in all of the different cultures, medicines made from plant material like roots, flowers, bark, leaves, seeds, etc., have been the primary source of medicine for mankind. You might also be interested in knowing that physical evidence obtained from burial-sites and rock-carvings from ancient cultures (Egyptian, African, Chinese, Aztec, Mayan, and others) suggest that not only have plant medicines played an important role in the treatment of disease in humans; like their human counterparts, injured or sick animals will also instinctively search for particular botanical substances in an attempt to heal injuries and affect cures. Man's reliance on plant-based medicine as the primary method for treating illness, which many believe predates recorded history, lasted until the twentieth century. That's when increasing numbers of trained physicians, and the development of the pharmaceutical industry eventually brought an end to the use of herbs as the primary method for treating disease. However, there were a number of contributing factors. There's no

question that it was the creation of the pharmaceutical industry with its modern manufacturing methods that produced pills, capsules, and tablets, etc., which made taking medicine more convenient; and herbal medicine's lack of clinical data, which according to the Western medical establishment undermines its

credibility, that was the main reasons for the shift from botanical to chemical medicine.

Even though Western medicine maintains that their criticism of herbal medicine is based entirely on its lack of clinical research and documentation. It would take quite a bit of arm-twisting to convince me that the multi-trillion-dollar industry's attempt to discredit herb's effectiveness, and characterize anyone who uses natural cures as backward or ignorant, isn't just another attempt by the Western medical establishment and the pharmaceutical drug manufactures to brainwash consumers, and maintain their obscene profit levels by keeping the public totally dependent on chemical drugs. With that being said, like most naturalists, I believe that herb's effectiveness has been validated by its continued use by indigenous people throughout history, in medical systems as diverse as Ayurvedic (Indian medicine), African (Yoruba medicine), and both Eastern and Western Herbology. Although African and Indian medicine predates traditional Chinese medicine, out of all of the different botanical-based healing systems, arguably the best known, most documented, and easily accessible, is the five-thousand-year-old Chinese herbal system.

In spite of a well-orchestrated campaign by organizations like the AMA and pharmaceutical giants like Pfizer and Eli Lilly to defame plant medicine and natural remedies. In recent years there has been a noticeable increase in the public's interest in alternative medicine. A majority of the people who are exploring non-traditional medical treatment will tell you that the primary reason that they're willing to try Chinese herbs and other natural remedies is their displeasure with the side-effects of many of the pharmaceutical drugs commonly used in Western medicine. Concern over issues like erectile dysfunction and the loss of libido, which are familiar side-effects associated with prescription drugs commonly used for treating high blood pressure (HBP), is only one example in a long list of concerns that have prompted increasing numbers of people to investigate alternative cures.

Traditional Chinese Medicine's rise in popularity, has prompted a new movement by the current generation of American-trained Acupuncturists and Herbalists, to try to explain in simple terms (that the average person can understand) how to use Chinese herbs. Until recently, anyone curious about using Chinese herbs usually came away frustrated by deterrents that mostly centered on language, and the tendency to over-complicate the ancient herbal system. Hopefully, this book will help to demystify the ancient healing art and eliminate some of the confusion that has made using Chinese herbs so difficult.

Although treatment by a professional herbalist is recommended in complicated cases; in China, herbs have been used for thousands of years by Taoist sages, and master herbalists as well as ordinary people with little or no medical training. Herb's continued use over the course of many centuries by complete novices demonstrates the fact that self-treatment can be performed successfully by anyone—when strict attention is paid to using the exact amount of each ingredient when preparing an herbal formula, and by strictly following the recommended dosage. When these two important caveats are religiously adhered to, it has been shown that herbs can be used safely by those who lack medical training.

My primary goal in writing *Getting Healthy with Chinese Herbs | A Black Perspective*, was to try and make the five-thousand-year-old healing art more comprehensive and accessible for people interested in learning about herbal therapy, who may be limited in their knowledge about health and medicine. I sincerely hope that I have succeeded!

How This Book Is Organized

In an effort to make this book user-friendly, I have avoided using language that requires the reader to have a degree in medicine in order to understand its contents. The decision to avoid using complicated medical terms was inspired by my grandmother, who believed in the importance of education, but also warned me about the pitfalls of too much book learning. On more than one occasion, I was reminded that I should try to avoid falling victim to the mental illness that often afflicts educated people, which causes them to over-analyze and lose the ability to use plain language and common-sense. I have taken her advice to heart with this book's writing.

Getting Healthy With Chinese Herbs | A Black Perspective is divided into four chapters. The first chapter contains a brief historical overview, followed by an explanation of the principles and diagnostic methods of Chinese medicine. In the second chapter, I discuss “precious ingredients,” frequently used in Longevity and Sex Tonics. The third chapter, which makes up the bulk of the book, is devoted entirely to listing common illnesses in alphabetical order; along with a brief outline about the illness and its symptoms, followed by the herbal formula(s) used to treat it. The fourth chapter provides detailed instructions on the different methods of preparation, followed by a glossary of terms commonly used in Chinese medicine along with a general index, which includes medical terms, disorders, and symptoms; indexes for raw and patent formula listings; resources for purchasing Chinese herbs; and a Bibliography.

How to Use This Book

Even though I've never been a big fan of Western medicine. When it comes to maintaining one's health and diagnosing and treating illness, in my opinion, the best strategy is one that combines conventional Western medicine with natural alternative therapies (integrative medicine). Although Western medicine's tendency to rush to surgery is a major turn-off; I consider its high-tech diagnostic methods a better choice when you compare it with Eastern diagnostic methods like: pulse reading, tongue analysis, Iridology, etc. I believe that anyone who is injured or ill should take advantage of modern medicine's high-tech diagnostic capability to determine the exact cause for their complaint, based on symptomology, and test results. Once the cause of their malaise is determined (and they have been given a definitive diagnosis), only then do I recommend making a decision about whether to use Eastern or Western methods of treatment. Personally speaking, I always choose herbal remedies over chemical medicine, and less invasive alternative medical treatment over surgery—keeping in mind that there are situations when surgery, which is always a last resort, can be a necessary evil!

In all cases of illness, diagnosis by a skilled physician is highly recommended. If any doubt exists about the first diagnosis, a second opinion should be sought. Once the nature of the illness has been determined, only then should the person be encouraged to make an informed decision about the type and manner of treatment. If the decision is made to use herbal remedies, this information should be shared with your primary physician. Some will take a positive attitude, others will prefer to wait and see, and some may be less than encouraging. In any event, it should not be forgotten that everyone has the right to make their own decision when it comes to choosing the type of medical treatment used for treating their body! It should also be remembered that although herbal medicine is an effective remedy that can be used to treat a myriad of illnesses, by no means, should it be considered a panacea or cure-all.

My recommendation in order to ensure the greatest likelihood of success in using this book are:

- That you comply with the formula's recommended dosage,
- If there is more than one formula for treating an illness, use the formula whose "description" most closely corresponds with the patient's symptoms,
- Generally speaking, if there is no improvement in the patient's condition after a reasonable period of time (a maximum of twenty-four to forty-eight hours), seek the advice of a medical professional.

All of the herbal formulas in this book can be consumed in one of the following ways: in the raw form, which requires that the herbs be decocted (made into tea), or they can be aged in an alcohol solution (made into a medicinal wine), or they can be powdered and added to either juice or a smoothie, or encapsulated. In some cases, they are also available in patent formulas, which are commercially prepared packaged herbs in pill form that are sold at Chinese herb stores. Each form of preparation (raw, powdered or patent formulas) offers its own distinct advantages. For example, if your primary concern is convenience, the prepackaged patent formulas would be the best choice. It should be pointed out; however, that decocting raw herbs, or preparing them as medicinal wine, or using the herbs powdered, produces a potion that is more potent which normally provides a quicker cure, than patent formulas that are often made with herbs of lower-quality, and require more time to breakdown in the body. Another consideration is tolerance for the taste of the medicine. Decocted raw herbal formulas made into tea, are taken as is without sugar, and can have an unpleasant taste. Medicinal wine, on the other hand, is usually sweetened with honey or crystallized rock sugar, which can help improve the taste. Another option is to powder the herbal formula and encapsulate it in 00-size capsules, or the powder can be added to juice or

a smoothie and drank. With herbs in pill form (patent formulas) or incapsulated, taste shouldn't be an issue.

The best way to make a choice on which method of preparation to use is to use the method most appropriate depending on the urgency of the situation and individual circumstances, taking into consideration the amount of time required for cooking if they're being consumed in tea form, and curing if you're making a medicinal wine. From my perspective, the method of preparation that you choose is not as important as encouraging you to use Chinese herbs in any of the forms previously described in order to experience their curative effect. Once their efficacy is proven, then it'll be up to you to make your own decision when it comes to choosing how you prepare and consume an herbal prescription.

Ten Rules for Good Health

1. Remember that an ounce of prevention is worth a pound of cure. If you have any doubts about your health, seek professional help.
2. Adopt a balanced diet; eat more grains, fresh vegetables, and fruit; consume less dairy, fat, sugar, and products containing artificial additives.
3. Drink a minimum of six to eight glasses of water daily that has been either filtered, distilled, or boiled.
4. Engage regularly in a gentle form of exercise.
5. Be moderate in all that you do, diet, alcohol, exercise, rest, sex, sleep, work, and play.
6. Avoid the vices of casual sex, drugs, gambling, and alcohol.
7. Practice personal hygiene, including carefully cleaning all food.
8. Worry less; laugh more.
9. Work with not against nature.
10. Abide by the golden rule and, “Do unto others as you would have them do unto you,” and keep in mind the Five Virtues of Confucius:
 - Benevolence | Ren 仁
 - Righteousness | Yi 義
 - Propriety | Li 禮
 - Wisdom | Zhi 智
 - Trustworthiness | Xin 信



Chapter 1

Basics of Chinese Medicine

Even though the following pages contain some of the most important underlying principles of traditional Chinese medicine, they're simply an overview and should not be considered a continuum of Chinese medical theory. What I've attempted to do is to offer a brief explanation of the five-thousand-year-old medicine's fundamental principles along with its historical origins, and diagnostic methods. I have intentionally avoided a long-winded account of the highly technical workings of the science and art of the ancient medicine for two reasons, because it's beyond the scope of this book, and in all likelihood, it would not be particularly interesting to the average reader. However, in spite of its brevity, hopefully, the overview will provide some helpful insights for anyone who uses the book as a resource for health management, as well as those who have a broader interest in traditional Chinese medicine.

An Ancient Philosophy

Although it's estimated that Chinese medicine began nearly five-thousand-years ago, the concepts that became the foundation for the ancient medical system can be traced back even further. In fact, they can be traced all the way back to the earliest stages of civilization, before there was industry, technology, or organized political systems. Back to a time in human history when mankind primarily interacted with its environment, lived according to certain universal laws, and held a fundamental belief in a supreme being or higher power. Although different cultures embraced different concepts of God and the universe, certain basic principles were common among the various primeval groups. Chief among them was a shared belief that only through adherence to certain universal principles could man exist in harmony with nature. Opposing these elemental forces, was considered *taboo*, and the penalty for violating these immutable universal laws was retribution from spiritual forces in the form of illness (mental or physical), suffering, and/or death. This fundamental idea of living in harmony with nature and the environment is the basis for China's religious and philosophical concepts, as well as the theoretical foundation for the five-thousand-year-old traditional Chinese medical system. This is particularly significant when you consider that in all cultures the medicine practiced is merely a reflection of the beliefs of the people. This might explain why, religion, philosophy, and nature are all such an integral part of Chinese medical theory. Not coincidentally, one of the defining features setting Chinese medicine apart from its Western counterpart, is the attention given to the importance of nature and the impact that environmental factors have on overall health, as well as its importance in diagnosing and treating disease.

Taoism

During China's long illustrious history there have been three major religions or schools of thought that have had a profound influence on all aspects of Chinese culture; they are Buddhism, Confucianism, and Taoism. Of the three, Buddhism most closely conforms to the Western definition of religion. Generally speaking, Buddhist teaching centers on meditation and the pursuit of the eight-fold-path, which is similar to the Ten Commandments of the Judeo-Christian tradition. Confucianism, which is based on the teaching and writing of the philosopher Confucius; relies more on ethics that emphasize the proper way for people to behave in society. At the center of its teaching are guidelines that, if upheld, lead to a just and harmonious society as well as a stable government. Taoism on the other hand, which is deeply rooted in China's folk tradition, is a complex system of philosophical thought, mysticism, and ancient health practices. Among these Taoist health practices is a body of knowledge concerning the use of herbs for curing illness and promoting health that was developed thousands of years ago, in an effort to discover an

herbal elixir capable of making one immortal. The quest for living a long-life with abundant health, which lies at the heart of Taoist philosophy, is, according to the ancient religion, accomplished by conforming to the laws of nature, practicing health-promoting exercises such as Chi Kung, eating a healthy diet, and the use of herbal elixirs that cure illness and promote longevity. Many of these principles and health practices form the basis of traditional Chinese medicine.

Yin and Yang

No one can argue with the fact that when you understand the theory of opposites known as *Yin and Yang*, it deepens one's insight into all aspects of Asian culture. Even though the majority of us are familiar with the Asian philosophical concept, to say that a certain amount of confusion still exists is probably an understatement. Unfortunately, because of complications that mainly center on language, a simple descriptive definition has not always been readily available. Perhaps the simplest explanation is that according to the ancient philosophy, the ideal or perfect state, as it relates to health, can only be achieved when there are equal amounts of the two primal elements (*Yin and Yang*). This theory of harmony between the two opposing complimentary forces is demonstrated in traditional Chinese medicine's belief that when one of these elements is not in equal proportion with the other, illness occurs and, conversely, only when there is an equal amount of Yin and Yang can we experience wellness or optimal health.

External Causes of Illness: Environmental Factors

According to traditional Chinese medicine atmospheric conditions, what TCM calls *Perverse Energies*—are a contributing factor in a long list of common illnesses. These atmospheric energies include:

- **Wind** the primary transport system for airborne viruses associated with respiratory diseases like pneumonia, colds and flu.
- **Cold** which impedes circulation and causes fluids to congeal, making it difficult for blood and synovial fluids to circulate to the joints.
- **Heat** which causes excessive sweating and dehydration.
- **Dampness** associated with inflammatory muscle and joint disease such as rheumatism and arthritis.
- **Dryness** attacks the body's fluids and is associated with increased thirst, dehydration and constipation.

Chinese medicine believes that perverse energies occur most often when abnormal environmental conditions occur. Examples are extreme cold spells in winter, extreme heat during the summer, or the period of transition from one season to another. And while it's impossible to avoid exposure to environmental elements, Chinese medicine emphasizes a preventive approach that focuses on nutrition (diet) and the use of botanical substances (Chinese herbs). When herbs are used in conjunction with a healthy diet, together they increase the body's natural defenses. Used on a regular basis, herbs become an extension of nutrition that has proven to be effective for maintaining one's health during extreme environmental conditions and seasonal changes.

The ancient medicine recommends using specific herbal formulas to strengthen individual organs. This practice is based on the presumption that climatic conditions that occur during a particular season, have an adverse effect on a specific organ. Hence, the recommendation is that certain formulas should be used that strengthen a particular organ during its corresponding season of vulnerability. The table that follows lists examples of the relationship between atmospheric conditions, corresponding seasons, and the internal organs adversely affected by them:

Climatic Condition	Season	Internal Organ
Wind	Spring	Liver
Cold	Winter	Kidneys
Heat	Summer	Heart
Dampness	Late Summer	Spleen
Dryness	Autumn	Lungs

Internal Causes of Illness: Emotions

Another important concept in Chinese medicine is its belief that emotions (namely, anger, fear, grief, joy, and anxiety) also influence one's health. Unlike Western medicine, which often labels illnesses related to emotional matters as psychosomatic; Chinese medicine maintains that when certain emotions are experienced in excess, they will affect particular organs. Specifically, excess anger affects the liver, fear the kidneys, grief the lungs, joy the heart, and anxiety the spleen. While the explicit connection between emotions and the vital organs is not always obvious to the layperson, examples such as the effect of grief and weeping on the lungs, or how anxiety can affect the spleen or stomach (by causing digestive problems in general or a nervous or upset stomach in particular) are more apparent. Not only does a person's temperament affect their health, Chinese medicine assigns even greater importance to one's emotions by stating that the combined effects of *external* climatic elements and *internal* emotional factors are precipitating factors in *all* forms of illness. The importance that Chinese medicine places on a person's inner feelings and external environmental factors, and their relationship to health is only rivaled by the attention given to what are considered the two primary substances in human physiology: the blood and the Chi.

Blood and Chi: The Vital Energy & The Vital Fluid

Nourishing and strengthening the blood and the Chi (the vital energy that flows through the body) is considered by Chinese medicine to be the two most important concerns, if your goal is optimal health. Modern practitioners of traditional Chinese medicine still adhere to these same basic guidelines and principles. If you're wondering why nourishing the blood and Chi is so important, perhaps this brief description of the physiological function of the vital fluid (blood) and the vital energy (Chi) will provide the answer. Every organ in the body depends on blood for nourishment and when herbs are taken to enrich the blood, it's like using high-octane-fuel in an automobile to improve the engine's performance. Enriched blood improves the functioning of all of the vital organs, which increases the efficiency of the different organ systems. Likewise, by nourishing the Chi, it improves energy levels with the result being greater vitality, strength, and endurance.

Nutrition: Dietary Recommendations

In addition to emphasizing the importance of the quality of the blood and the Chi traditional Chinese medicine also makes dietary recommendations that are a carry-over from Taoist dietary principles. Some of them may be familiar, but others that are more of a departure from Western dietary concepts may not.

- The first recommendation is that you eat fresh, raw, organic fruit regularly. Contrary to Western medical belief that the skin of the fruit should be eaten because it is full of vitamins, Taoists insist that fruit should be peeled and the skin discarded, and the seeds, which contain the primordial essence of the fruit, should be eaten instead.
- The second recommendation is to eat whole natural food, including whole grains, and organic

fresh fruit and vegetables. Believing that vitamin pills can make up for the vital nutrients in fresh whole foods is a mistake.

- The third recommendation is to combine foods wisely, taking into consideration the acid and alkaline balance of the food. This means ingesting equal portions of each food item—not too much of one or the other.
- The fourth recommendation is not to eat when you are extremely tired. Fatigue creates sluggish and inefficient digestion of the fuel (food), which clogs up the digestive system.
- The fifth recommendation is not to drink liquids with your meal because liquids dilute saliva, which undermines the effectiveness of the enzymes that are an important part of digestion.
- The sixth recommendation is not eating immediately following sexual intercourse because immediately following and during sex, all systems are subordinate to sensory receptors.
- The seventh and final recommendation is not to consume food or drink that is too hot or too cold, tepid or neutral is considered the best temperature for anything taken into the body's digestive system.

If you follow traditional Chinese medicine's dietary guidelines and use herbal therapy (when needed), you can correct imbalances that often begin as mild digestive disturbances, and, if left unattended, can become contributing factors in more serious diseases of the digestive system (such as: gastritis, pancreatitis, gallstones, intestinal abscess, colitis, acid reflux, ulcers, and kidney stones, etc.).

What to Expect if You Visit a Doctor of Chinese Medicine

DIAGNOSTIC METHODS

An important part of traditional Chinese medicine's diagnostic procedure is the questioning done by the physician, which is strikingly similar to what occurs when you're examined by a Western doctor. However, despite their similarities when it comes to gathering information, there are significant differences between the two traditions when it comes to analyzing it. In Western medicine, diagnosis is usually limited to taking vital signs (blood pressure, listening to heart and lungs, temperature), followed by treatment based on symptomatic complaints. By contrast, Chinese medicine is based on the fundamental theory that isolated symptoms are secondary to treating the whole person. Therefore, the diagnostic process is usually a little bit more comprehensive.

VISUAL OBSERVATION

First, the Chinese physician will complete a visual examination of the patient, which involves observing the patient's facial expression, muscle tone, posture, energy levels, and overall general appearance.

INTERVIEW

In addition to considering prevailing seasonal and climatic conditions, the physician will query the patient about any emotional trauma that may have occurred as a result of a recent life experience. Normally, the interview will also include questions about medical history, the patient's living and working environment, and general lifestyle, including sexual habits.

PALPATION: READING THE PULSES

Palpation, or examination by touch, takes two forms. The first form, common to both Chinese and Western medicine, involves palpating local areas on the body that may be painful or swollen to determine the degree of sensitivity. This can provide information about whether the problem is superficial or deeper, possibly involving one of the internal organs. The other form of palpation, which requires an extraordinary amount of skill and sensitivity, is unique to Chinese medicine and is known as *reading the pulses*. Although there are several places on the body where the pulse can be taken, in traditional Chinese medicine, the radial-pulse on the wrist is used. The information gained from this subtle art provides insights into the condition of each of the vital organs (heart, lungs, kidneys, liver, and spleen), and provides more detailed information than the data obtained by palpating the body. Reading the pulses requires that the physician

Basics of Chinese Medicine

pay strict attention to the pulse's *pace*, or the number of beats per minute; *strength*, or how strong or weak it is; and overall *quality*, or the smoothness and regularity of the rhythm.

TONGUE ANALYSIS

Next, the tongue is analyzed (technically part of the visual diagnosis). Although generally speaking, the information supplied by this technique is nonspecific, it does have analytical value. The doctor will ask the patient to stick out their tongue, and then he or she will study its color, which may or may not indicate the presence of a febrile, or feverish, disease. The tongue's thickness or thinness will be considered for relevant information about fluid retention, followed by observation of the "fur," or tongue coating, which can provide clues to the condition of the patient's digestive system.

A TREATMENT PLAN

Finally, after analyzing all of the information and the nature and cause of the disease is determined, a treatment plan is designed that incorporates the appropriate therapies. Treatment usually includes one or a combination of the following: Acupuncture, herbal medicine, moxibustion, cupping, five-star plum blossom, *Tui Na* massage, and nutritional therapy. Although all of the traditional Chinese therapies are useful and complementary to one another, the therapies most often used are acupuncture and herbal medicine. Of the two, herbal medicine is by far, the most widely used therapy in traditional Chinese medicine.

Chapter 2

A Guide for Purchasing Chinese Herbs

If someone tries to convince you that all herbs are the same, don't believe them, because nothing could be further from the truth. There are significant differences in esthetic quality as well as the effectiveness of premium high-quality herbs compared to those of lesser quality. An important point to remember when purchasing Chinese herbs is that in the Chinese herbal industry, all herbs are assigned different grades that range from *superior*, which are considered the highest quality, to the lowest grade, which are commonly referred to as *scrap* herbs. Why is attention to the quality of herbs important? For several reasons. Among other things, in addition to lacking potency, lower-quality herbs are often treated with Sulphur, which acts as a preservative, and can cause an allergic reaction in some people. No matter what you've been told, herbs with a superior rating are more aesthetically pleasing and more importantly, they're more potent than those of lesser quality, and there is a correlation between potency and effectiveness. So, even though there may be times when "a tight budget" forces you to compromise on the quality of the herbs that you purchase; when purchasing Chinese herbs, always try to purchase the highest quality that you can afford.

Something to consider when purchasing the formulas discussed in this book — In years past, due to racism and other problems that primarily centered around language, finding information about how to use Chinese herbs and where to purchase them, was a whole lot easier said than done. Back then, the only place you could find Chinese herbs was in Chinatown, where herbs were sold by Chinese herbalists who only spoke Chinese, and commonly referred to African Americans as "Black Devils." Fortunately, a lot has changed; today, better race relations, technology and the creation of the internet have made purchasing herbs a lot easier.

A perfect example of how modernization has made it easier to purchase Chinese herbs and, more specifically, the prescriptions discussed in this book, is the addition of Chinese characters for all of the herbal ingredients; which makes it possible for the reader to simply take a picture of a formula using a cell-phone, that can be given to a Chinese speaking herbalist, who can translate the Chinese characters and fill the prescription. I should also mention that today, Chinese herbs are also readily available online.

Even so, in spite of the progress and change of attitude that has occurred over the years, I'd be remiss if I didn't mention that even though buying herbs is somewhat easier, it's still not a perfect world. Purchasing raw herbs and herbal prescriptions can either be "a piece of cake," or unfortunately, there are times when it can be a real pain in the ass!

The way to avoid some of the hassle is simply by buying online directly from our company at www.seaofchi.com. We can help you avoid some of the frustration that consumers often experience by cutting through the red tape, and providing Chinese herbs of the highest quality for all of the prescriptions in this book. Our products and our customer service are both top-notch, and we truly live up to our mantra *We Make Chinese Herbal Medicine Easy*.

Things to Know: What are Precious Ingredients

Taoism's insistence that only natural substances are appropriate for use in the human body; is a fundamental guiding principle that's deeply rooted in the nature-religion's health practices. It's the ancient religious sect's reliance on herbs and other organic substances found in nature rather than inorganic man-made, chemical-based pharmaceutical ingredients; that has been instrumental in Chinese Herbology's

increasing popularity among health-conscious individuals. Interestingly, although one might think that the average person would be most curious about Chinese herbs' curative capability and organic nature, in conversations about the ancient herbal system, by far, the two most popular topics are Taoist life-extension formulas aka: Longevity Tonics, and Taoist Sexology. However, before I get into a discussion about Chinese Herbology's legendary sexual enhancing, life-extending elixirs, I think that an important point that needs to be made clear to anyone seriously considering using Chinese herbs, is the fact that in the ancient herbal system, the term *herbal medicine* is not limited to botanical substances; it refers to any ingredient that's produced by nature that has medicinal properties. Although eighty-five percent of the ingredients used in Chinese Herbology are of plant origin: roots, bark, leaves, seeds, and flowers. etc.; fifteen percent are zoological (animal-by-products), insects, and minerals. The myriad of minerals, plants,



bugs, and animal parts that make up the ancient herbal system, are classified into two distinct groups. The first group commonly referred to as *precious ingredients*, is a select group of herbs that, due to deforestation, endangerment of the species, crop failures etc.—are rare, and in short supply. The powerful effects of these rare substances make them among the most prized and costly ingredients in Chinese Herbology, and puts them in a class above the rest of the herbs that make-up the five-thousand-year-old herbal system. All of the other ingredients not included in this elite group form the second group, which

are considered common herbs. Familiarizing yourself with these much sought-after substances is a good idea for several reasons; because of their stature in the Chinese herbal system, and the fact that they are often ingredients in some of Taoism's most highly regarded sex tonics and longevity prescriptions. I should also mention that they are among the most expensive ingredients in the entire herbal system. Some of the prized substances that make-up this distinguished group are ingredients like: Tiger's bone (Hu Gu), Ginseng (Ren Shen), Caterpillar fungus (Dong Chong Xia Cao), Deer's antler (Lu Rong), Seahorse (Hai Ma), etc. The following is a partial list with a brief description of some of the most sought-after popular herbs included in this select group.

Hu Gu (Tiger bone)

Zoological name: *Panthera Tigris* — Part used: Bone

While some of the animal products used in Chinese Herbology (such as deer and antelope horn) are harvested without injuring the animal, other zoological ingredients, such as tiger bone, which is well-known for its ability to strengthen bones and improve arthritic conditions, has resulted in widespread killing of the powerful feline and the subsequent endangerment of the species. In spite of the ongoing controversy and its illegal status, tiger's bone as well as other parts of the animal, can still be purchased on the black-market, and under-the-counter in some Chinatown herb shops, mainly on the East and West coasts of the United States, Hong Kong and some African and Asian countries. This raises both ethical and legal issues that must be considered when using certain ingredients, that, in spite of their illegality, are a legitimate part of the Chinese herbal system. For someone like myself, for whom it is an assault on moral and ethical sensibilities, not to mention the fact that selling tiger bone in the U.S. is illegal; fortunately, there are botanical ingredients that can be substituted for tiger's bone. Another option, if you're

comfortable with the idea of using canine or bovine bone, even though they're weaker, both are legal, and are viable alternatives that can be used as a substitute for Hu Gu.

Ren Shen (ginseng root)

Botanical name: *Radix Panax Ginseng* — Part of the plant used: Root

Ginseng's reputation as one of the most powerful plants in the entire herbal kingdom has aroused the curiosity of countless numbers of people who have tried it in one of its many different forms (teas, tinctures, pills, etc.). Unfortunately, misinformation concerning proper dosage, the length of time it should be taken in order to feel its effect, and perhaps most importantly, due to deceptive practices, and inexperience in choosing high-quality ginseng, most users have not truly experienced the botanical superstar's powerful tonifying (strengthening and invigorating) effects and wrongfully assume that its reputation is unfounded. Let me assure you that ginseng's power should not be underestimated! It is, for good reason, considered Chinese Herbology's most powerful tonic herb. Of all the herbs in both Eastern and Western botanical medicine, ginseng is unquestionably the most potent botanical substance for effectively increasing the body's vital energy (Chi).

In order to experience the extraordinary tonifying capabilities of ginseng, three important points must be considered:

- The quality of the root
- The dosage or amount taken
- The length of time it is taken.

Since ginseng's introduction to the Western world by Jesuit priests in the late-seventeenth-century, the high price of this herb has created a great temptation for unscrupulous merchants to adulterate it with other substances and misrepresent its quality to uninformed consumers. Regrettably, these deceptive practices continue; therefore, I advise everyone purchasing ginseng to only buy the raw ginseng root, and avoid teas, pills, capsules, and tinctures. Although high-quality ginseng can be expensive, ginseng's exorbitant price can somewhat be justified by the stringent methods required to cultivate and grow it. Cultivation from seed to maturity normally requires seven years! However, due to supply and demand, many roots are harvested prematurely. Unfortunately, it's these immature lower-quality roots that proliferate the ginseng market.

The quality of ginseng is determined by (1) its age (the older the root, the more potent), (2) where it is grown, and (3) whether it is grown wild or cultivated. The highest-quality ginseng is grown wild in Manchuria, is seven years or older and is known as *heavens grade*. It is both rare and extremely expensive. Second only to Manchurian is North Korean (red) ginseng, also known as *heavens grade*; it should be seven years or older, and grown wild. Although supplies are limited, it is usually available for a price that is normally beyond the budget of the average person. Lesser grades of Korean ginseng that are cultivated in South Korea are readily available and, for the average consumer, are more affordable. Exported ginseng cultivated in South Korea is controlled by the government and bears a seal, that's helpful in determining its authenticity. Last but not least, is Chinese ginseng. The highest quality is known as Yi Sun ginseng; it is grown wild and is normally harvested when it's six to seven years old. The next highest grade of Chinese ginseng is called Shiu Chu ginseng, and although it's of a somewhat lesser quality, it's still considered excellent. Shiu Chu ginseng is cultivated (rather than grown wild), is three to six years old, and is relatively expensive. Finally, there is Chinese Kirin (red) ginseng, which is of average quality, is normally cultivated for four to six years, is readily available and is more affordable for the average consumer.

A word of caution—I cannot overemphasize the fact that due to *wild ginseng's* (Korean, Manchurian, and Chinese) limited supply, and high price, unscrupulous purveyors abound; so, unless you're certain about the integrity of the source from which it is purchased, buyer beware!

Ginseng, like all tonic herbs, works systemically; therefore, it should be consumed over a period of time so that it gets into the system and its effects are fully realized. In China, it's not unusual to encounter Taoists, Kung Fu masters, and serious health enthusiasts who have used ginseng continuously for many years.

Variations in quality can make it difficult to determine effective dosage; therefore, each person needs to experiment to discover the dosage that works best for them. Generally speaking, you can avoid confusion by using the traditional Chinese dosage. If it is used in a formula with other herbs, take the dosage recommended for that formula; if it is taken alone, one to two grams a day should suffice. The length of time needed to experience the effects of ginseng varies, but after approximately thirty to sixty days the effects should be obvious. It is interesting to note; however, that people with moderate diets often experience ginseng's effects sooner than people who indulge in rich, highly-spiced diets that include a lot of meat. Although ginseng is considered a "safe" ingredient, persons suffering from high blood pressure are advised to substitute American ginseng for the Asian varieties mentioned.

Lu Rong (velvet Deer antler)

Zoological name: *Cervus Nippon* — Part used: Antler

Primarily used in traditional Chinese medicine to treat impotence and strengthen sinews (ligaments and tendons) and bones, Lu Rong (the Chinese name for deer's horn) nourishes the blood and promotes production of red blood cells and the male hormone testosterone. It is often used in Chinese medicine to treat sexual dysfunction such as impotence, spermatorrhea and nocturnal emissions, and is also highly recommended when there is delayed healing of broken or fractured bones. Pantocrine a component of Lu Rong, is a general tonic that has demonstrated marked effectiveness to increase work capacity, improve sleep, increase appetite, and decrease muscle fatigue. In recent blind-studies researchers found that a group of athletes that were given deer antler for ten-weeks doubled their muscular endurance and lost more body fat, without increasing muscle size, which has prompted an increase in its use among athletes and bodybuilders.

Most of China's supply of velvet antler comes from Sika or Red deer, which is harvested at its maximum growth stage during the month of June in the Northern China and December in the South. This is when most savvy consumers consider the best time to purchase it. Deer antler that contains trace elements of the animal's blood is the most potent and is considered the highest quality.

Dong Chong Xia Cao (Caterpillar fungus)

Botanical name: *Cordyceps sinensis* — Part used: Body

The broad spectrum of therapeutic applications for the Chinese caterpillar, commonly referred to in Chinese medicine as Chong Cao (insect plant), includes: general weakness and febrile conditions such as frequent urination, nocturnal emissions, impotence, premature ejaculation, and poor memory. Drinking decocted tea made from Dong Chong Xia Cao has been shown to increase sperm count and mobility. Patients with a variety of sexual disorders have been treated with a high rate of effectiveness. It is also often used for chronic respiratory disorders such as consumptive cough, when there is phlegm and blood-streaked sputum. There are two types, the cultivated herb, and the wild larvae, which is produced naturally in nature. The cultivated herb is widely used today; primarily because of its lower price compared to the wild-crafted version, which is available but can be prohibitively expensive.

Hai Ma (Seahorse)

Zoological name: *Hippocampus* — Part used: Bone

This delicate sea creature is highly regarded in Chinese Herbology for its ability to invigorate the blood, improve circulation and dissolve abdominal masses. Due to the herbs stimulating effect on the

reproductive organs, it is often used to treat impotence and urinary incontinence. The improved circulation to the genitalia and lower extremities effectively prolongs erection of the penis, which makes it valuable for treating erectile dysfunction. Hai Ma is well known for its androgenic effect on the prostate gland and testes. Although it is considered a safe herb that both sexes can use to improve circulation, caution is advised when it is used by pregnant women. In recent years, the World's dwindling supply of seahorse has driven up the price, which has prompted savvy consumers to purchase Hai Long (pipe fish), which is a cheaper substitute whose therapeutic actions are similar, but much less potent.



Taoist Theories on Life Extension

MAY YOU LIVE
ONE-HUNDRED YEARS

It's no coincidence that the formulas in this section are among the oldest prescriptions in Chinese Herbology. Most of them were invented thousands of years ago by Taoists who were not only spiritual adepts (Taoist Priests) they were also highly skilled herbalists who served as personal physicians to the Emperor, and members of the Royal Family, who resided in what was known in ancient China as the Imperial Court. These ancient prescriptions, which were at the center of the Taoist physician's health maintenance strategy, were created from experiments whose ultimate goal was to create an herbal elixir that was capable of providing the Imperial monarch (the Emperor) with eternal life. Even though, to the regret of humanity, they didn't succeed in creating a potion that made you live forever. These high-level herbal

alchemists were successful in creating what might be described in modern terms as anti-aging herbal elixirs that nourish and invigorate all of the physiological systems (cardiovascular, urogenital, respiratory, digestive), which makes them function more efficiently and delays the on-set of old age and death. These life-sustaining Imperial prescriptions are known in traditional Chinese medicine as Longevity Tonics. Interestingly, modern research on statistics and aging, and ancient medical texts both claim that even in the absence of a life-extension herbal regimen, under normal circumstances, when humans lead a relatively healthy lifestyle, free from environmental pollutants and stress, that are a result of racism, war, the obsession with acquiring material wealth, overeating, sexual gluttony, and too much drugging and drinking. The average person is capable of living more than one-hundred-years. Similar estimates about the length of the human lifespan are also recorded in the *Nei Jing*, China's oldest medical book written more than two-thousand years ago.

To quote the famous Taoist physician Sun Simiao (581–682 A.D.), who lived to the ripe-old-age of one-hundred-and-one, “Anyone under forty should occasionally use herbal Life-Extension formulas commonly referred to as *longevity tonics*, to naturally regulate and strengthen the body.” The ancient physician goes further with his recommendation that anyone over-fifty should use herbs every day, to promote longevity. For centuries, Taoists have used these herbal elixirs to maintain their health, avoid sickness, and delay the on-set of common geriatric health issues such as: Hypertension, Arthritis, Heart Disease, Kidney Disease, Osteoporosis, and Sexual Dysfunction. Traditional Chinese medical research has shown that not only do the life-extending herbal prescriptions promote longevity, but they're also useful for restoring one's

strength and vitality following surgery, childbirth, or chronic illness. Many of the longevity prescriptions used in modern Chinese medicine can be traced all the way back to China's Imperial Dynasties. A testimonial to their effectiveness and their important role in China's traditional health care system is demonstrated by their continual use over the course of many centuries by the Chinese people, who, according to statistics, make up one of the largest populations of octogenarians (people over one-hundred-years old) of any nation on Earth.

While they are simple to use, there are a few things that need to be taken into consideration if you plan on using life-extension prescriptions:

- Most importantly, just as with losing weight, bodybuilding, or any other process to improve one's physical condition, tonics work systemically, which means that they need to be used uninterrupted over a period of time so that they get into the user's system, and for their beneficial effects to be fully realized. Needless to say, taking tonics for a couple of days or a week is in no way harmful, but it's an insufficient amount of time for you to experience their maximum effect.
- Second, herbal tonics should be taken after meals.
- Finally, herbal tonics should never be taken when you are in the early stages of a cold because they can drive the cold deeper into the body.

Because it's the nature of tonics to stimulate, which is, an action that's reinforced by alcohol, drinking tonics aged in spirits is the preferred method of preparation. Even though they're occasionally decocted and consumed in tea form by users who may want to avoid using alcohol for religious reasons or to maintain their sobriety, traditionally the preferred method of preparation has always been medicinal wine. The standard dosage is one ounce at room temperature three times daily, in the morning, afternoon, and evening. Some people dilute their medicinal wine by mixing it with four ounces of water, while others drink it straight. The Longevity Tonic formulas that follow are some of traditional Chinese medicine's oldest and most frequently used life-extension prescriptions.

LONGEVITY TONICS

RAW HERB FORMULAS

BA ZHEN TANG

Eight Treasure Decoction

Original source

Zheng Ti Lei Yao

Therapeutic Actions

Ba Zhen Tang is composed of ten ingredients; the first six ingredients increase energy (Chi), and the remaining four nourish the blood. The formula increases vitality, improves circulation of the blood, and reduces shortness of breath, lightheadedness, and vertigo.

Preparation

Traditionally, this formula was prepared in a decoction; however, for those who don't like the taste of the tea, we suggest that you have the ingredients ground into powder by your herb supplier, and then stored in a brown or amber glass bottle with a lid. The bottle should be kept in a cool environment free of sunlight and moisture until needed — do not refrigerate. For more detailed instructions, follow the step-by-step guides for preparing a decoction, smoothie, or capsules discussed in Chapter Four.

Dosage for Tang or Decoction or Medicinal Wine

Make a decoction or a medicinal wine. For a decoction, drink four ounces of Ba Zhen Tang tea at room temperature three times daily, or drink six ounces twice daily. For a medicinal wine, drink one ounce of Ba Zhen Jiu (*medicinal wine*) at room temperature twice daily, it can be diluted with water.

Dosage for Powder

This formula should be taken daily. The powder can be used in a couple of different ways. By making a smoothie and adding a tablespoon of the powder to eight to twelve ounces of juice smoothie, mix well, and drink. If that is an issue, we recommend encapsulating the powdered herbs in 00-size capsules. Three capsules is one dose.

HERBAL INGREDIENTS

- 9 grams Ren Shen 人參 Ginseng Root;
- 12 grams Bai Zhu 白朮 Atractylodes;
- 15 grams Fu Ling 茯苓 Poria;
- 6 grams Zhi Gan Cao 炙甘草 Cooked Licorice Root;
- 18 grams Shu Di Huang 熟地黄 Chinese Foxglove Root Prepared;
- 15 grams Bai Shao 白芍 White Peony Root;
- 15 grams Dang Gui 唐奎 Tangkuei;
- 9 grams Chuan Xiong 川芎 Szechuan Lovage Root;
- 3 pieces * Sheng Jiang 生姜 Fresh Ginger Root;
- 2 pieces Da Zao 大棗 Jujube Fruit.

* Each piece should be the size of a quarter (twenty-five-cent-piece)

Analysis

Ren Shen increases energy levels, Shu Di Huang enriches the blood, and Bai Zhu and Fu Ling strengthen the Spleen and resolve dampness. Bai Shao and Dang Gui assist in enriching the blood, and Chuan Xiong circulates it. Da Zao and Sheng Jiang benefit the Stomach and Spleen while aiding digestion and absorption of nutrients. Zhi Gan Cao harmonizes all the herbs in the formula and improves the taste of the decoction.

SHI QUAN DA BU TANG

All Inclusive Great Tonifying Decoction

Original source

Tai Ping Hui Min He Ji Ju Fang, *Imperial Grace Formulary of the Tai Ping Era*

Therapeutic Actions

The first eight ingredients in this formula are identical to those found in Ba Zhen Tang (Eight Treasure Decoction); it's the addition of the last two ingredients that make it different. This formula increases energy levels, nourishes and circulates the blood, improves the appetite, eliminates coughing caused by physical exertion, and strengthens the lower extremities.

Preparation

Traditionally, this formula was prepared as a decoction; however, if you can't tolerate the taste of the tea, you might want to consider having the ingredients ground into a fine powder by your herb supplier. The

powdered herbs should be kept in a brown or amber glass bottle with a lid. The bottle should be stored in a cool environment free of sunlight and moisture until needed — do not refrigerate. For more detailed instructions, follow the step-by-step guides for preparing a decoction, smoothie, or capsules discussed in Chapter Four.

Dosage for Tang or Decoction or Medicinal Wine

Make a decoction or medicinal wine. For a decoction, drink four ounces of Shi Quan Da Bu Tang tea at room temperature three times daily, or drink six ounces twice daily. For a medicinal wine, drink one ounce of Shi Quan Da Bu Jiu medicinal wine at room temperature twice daily; it can be diluted with water.

Dosage for Powder

This formula should be taken daily. The powder can be used in a couple of different ways. By making a smoothie and adding a tablespoon of the powder to eight to twelve ounces of juice smoothie, mix well, and drink. If that is an issue, we recommend encapsulating the powdered herbs in 00-size capsules. Three capsules is one dose.

HERBAL INGREDIENTS

- 9 grams Ren Shen 人參 Ginseng Root;
- 12 grams Bai Zhu 白朮 Atractylodes;
- 15 grams Fu Ling 茯苓 Poria;
- 6 grams Zhi Gan Cao 炙甘草 Cooked Licorice Root;
- 18 grams Shu Di Huang 熟地黄 Chinese Foxglove Root Prepared;
- 15 grams Bai Shao 白芍 White Peony Root;
- 15 grams Dang Gui 唐奎 Tangkuei;
- 9 grams Chuan Xiong 川芎 Szechuan Lovage Root;
- 9 grams Rou Gui 肉桂 Saigon Cinnamon Inner Bark;
- 18 grams Huang Qi 黃耆 Milk-Vetch Root.

Analysis

Ren Shen strengthens the entire body by increasing Chi levels. Bai Zhu and Fu Ling strengthen the spleen and resolve dampness. Shu Di Huang, Bai Shao, and Dang Gui, when combined, powerfully enrich the blood, and Chuan Xiong improves its circulation. Rou Gui benefits the kidneys, and Huang Qi increases Chi, strengthens the immune system, and benefits the lungs. Zhi Gan Cao harmonizes the herbs and improves the taste.

PATENT HERB FORMULAS

Jen Shen Lu Jing Wan Condensed

Ginseng Deer Horn Pill, Ren Shen Lu Rong Wan

Therapeutic Actions

This patent formula containing ginseng and deer antler strengthens the kidneys, improves digestion, and nourishes the blood. This highly regarded prescription is an excellent rehabilitation tonic following surgery, illness, or childbirth. Useful for improving memory and appetite, corrects anemia, strengthens weak legs and back, abates mental restlessness and insomnia, heart palpitations, and poor memory.

Packaged

This patent formula comes in bottles of one-hundred-pills.

Dosage

Follow manufacturer's dosage recommendation.

Tze Pao Sanpien Extract

Priceless Treasure Three Whip Extract

Therapeutic Actions

What might be considered a super tonic; Tze Pao Sanpien Extract is a broad-spectrum nutritive tonic that contains no less than forty-two different ingredients that strengthen the entire body, improve the mind and spirit, strengthen the lower back, empower sexual function, counter fatigue, eliminate spontaneous sweating, improve poor memory, relieve insomnia and chronic asthma, improves the immune system and strengthens weak extremities.

Packaged

This patent formula comes in a box containing ten vials (ten-cc each), in a thirty-two-ounce bottle of liquid, or in pill form.

Dosage

Follow manufacturer's dosage recommendation.

Ching Chun Bao

Recovery of Youth Tablets, Shuang Bao Su Kou, *Qing Chun Bao Fu Ye*, or Anti-aging Tablets

Therapeutic Actions

This tonic formula dates back to Ming Cheng Zu, the third Emperor of the Ming Dynasty (A.D. 1368–1644). The ancient prescription strengthens the brain, enhances memory, alleviates insomnia, increases vigor, resists fatigue, preserves and strengthens sexual function, enhances immunity, improves heart function, delays development of coronary heart disease by reducing blood fat, and aids in the prevention of vascular sclerosis (hardening of the arteries).

Packaged

This patent formula comes in bottles of eighty-pills.

Dosage

Follow manufacturer's dosage recommendation.

Taoist Sexual Principles

THE KEY TO LIFE-LONG SEXUAL EMPOWERMENT

Anyone who's familiar with Chinese medicine, knows that Taoism and the five-thousand-year-old traditional Chinese medical system are inseparable; one could not exist without the other. If there were no Taoism, there would be no Chinese medicine; it's as simple as that. The fact of the matter is, not only is the "nature religion" an integral part of China's traditional healthcare system, its influence permeates throughout all aspects of Chinese culture. When that's taken into consideration, it should come as no surprise that traditional Chinese medicine's basic concepts in regard to sex and sexuality are an outgrowth of centuries-old Taoist sexual principles.

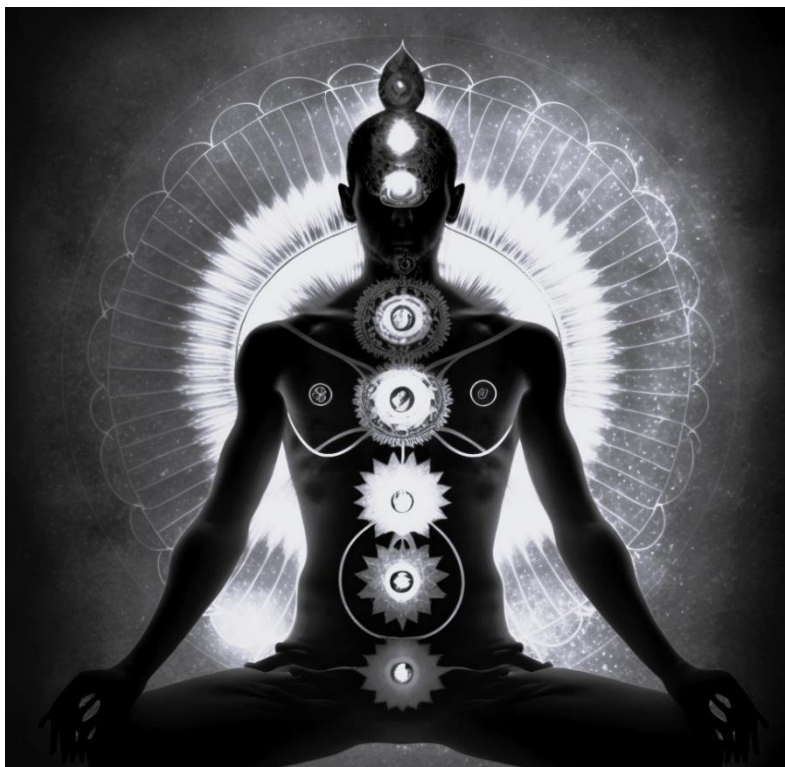
But before I get off track, you may recall me mentioning that one of my reasons for writing this book was to try to bring Chinese medicine up-to-date and demonstrate its relevance in modern society. So, in an effort to stay on point, I've tried to avoid getting bogged down in one of those lengthy conversations inspired by the public's fascination with the nature religion's antiquity, and get straight to the point!

The Taoist theory for achieving a state of balance by exercising moderation in all things, avoiding both excess and deficiency, is one of the ancient religion's most fundamental guiding principles. Not coincidentally, the idea of forbearance and restraint in order to find the middle ground—between too much and too little, is also reflective of Chinese medicines view when it comes to sex! Of course, there are those who'll argue that there's no such thing as too much sex, which is a point of view that's primarily influenced by conventional Western medical thinking, and its failure to recognize the harmful effects of over- or under-indulging in sexual activity. To say that the two medicines differ in opinion when it comes to the harmful effects that "sexual gluttony" has on one's overall health and longevity, might be considered an understatement.

As one would imagine, the tendency to overindulge in things that gratify the senses (tastes good, feels good, etc.), far outweighs the tendency to underindulge. This is especially true when it comes to sex, a fact that's clearly demonstrated by the following statistic:

- It's estimated that in the average male's lifetime, he has five thousand ejaculations, producing approximately 1.5 liters of semen, which, by any measure, is quite a bit of sperm.

From a medical point of view, one of the most compelling arguments against the indiscriminate discharge of seminal fluid is traditional Chinese medicine's assertion that not only does it sap your energy, it also



negatively affects the kidneys, creating a condition that traditional Chinese medicine calls Kidney Yang deficiency. According to the ancient medical system, excessive sperm loss that exhausts the kidneys is the primary reason for the sexual dysfunction that affects a lot of men when they reach middle-age like: premature ejaculation, erectile dysfunction, and impotence. What's even more shocking is their claim that the uninhibited discharge of vital fluid can actually shorten a person's life!

The ancient medicine claims that when a man cuts-back or regulates his number of ejaculations (what Taoists refer to as *Conserving the Jing*), not only does it have a positive effect on the quality of his sex life and his overall health; according to traditional Chinese medicine, he'll live longer. Chinese medicine is also very clear in pointing out that their precautionary advice about the hazards of the uncontrolled expenditure of sexual fluids not only applies to men, it applies to women as well.

Although traditional Chinese medicine's warnings about the consequences of too much sex applies to both men and women, the difference is that unlike her male counterpart whose exhaustion of *vital fluid* is primarily due to sperm that's loss as a result of excessive ejaculation; a woman's expenditure of *vital fluid* is not limited to a single cause. For the fairer sex, the loss is twofold, as a result of intemperate sexual activity, and her monthly period (menstruation). This fact underscores the importance of women regulating their periods so that menstruation lasts no more than three to five days, to avoid losing excess amounts of blood and vital fluid. When a woman's menstrual cycle lasts more than three or five days, not only does it deplete more of her vital fluid, the excessive bleeding is the primary reason why such a large percentage of women suffer from anemia during their reproductive years.

With that being said, the way that traditional Chinese medicine treats overindulgence is by using herbal elixirs that contain ingredients that replenish the vital fluid, increase hormone levels, and strengthen the kidneys.

After the kidneys have been strengthened (commonly referred to in Chinese medicine as tonified), prescriptions are used that resolve any residual symptoms associated with (Kidney Yang deficiency) such as impotence, and erectile dysfunction etc. in men, and any gynecological disorders or imbalances suffered by women. Taoist claim that exercise, diet, regulated sex, and using herbs to replenish hormone levels that are lowered when we expend *vital fluid*, is the secret to life-long sexual empowerment. Even though these ideas may seem eccentric, there's credible evidence based on studies done in China on geriatrics and longevity, which confirms that some of China's oldest citizens are followers of Taoism. The studies also found that typically devout followers of the ancient religious sect live well into advanced age, and enjoy lifelong sexual empowerment throughout their entire life, which they attribute to sexual temperance and their use of sexual elixirs that were invented thousands of years ago. Although it's recommended that the elixirs be taken on a regular basis in order to get the most benefit from their systemic effects, special emphasis is placed on the importance of taking the elixir following intercourse, masturbation, etc., in order to replenish the *vital fluid* (sperm/vaginal secretions) that was lost.

SEX TONICS

RAW HERB FORMULAS

JIN GUI SHEN QI WAN

Kidney Chi Pills from the Golden Cabinet

Original source

Jin Gui Yao Lue, *Essentials from the Golden Cabinet*, by Zhang Zhong Jing

Therapeutic Actions

Jin Gui Shen Qi Wan treats Kidney Yang deficiency with low back pain, weak legs, used to treat reproductive/sexual disorders such as: impotence, premature ejaculation in males, and female infertility.

Preparation

Traditionally, this formula was prepared as pills; we suggest that you have the ingredients ground into a fine powder by your herb supplier, and then stored in a brown or amber glass bottle with a lid. The bottle should be kept in a cool environment free of sunlight and moisture until needed — do not refrigerate. For more detailed instructions, follow the step-by-step guides for preparing a decoction, smoothie, or capsules discussed in Chapter Four.

Dosage for Powder

This formula should be taken daily. The powder can be used in a couple of different ways. By making a smoothie and adding a tablespoon of the powder to eight to twelve ounces of juice smoothie, mix well, and drink. If that is an issue, we recommend encapsulating the powdered herbs in 00-size capsules. Three capsules is one dose.

HERBAL INGREDIENTS

- 24 grams Da Huang 大黄 Chinese Rhubarb;
- 12 grams Shan Zhu Yu 山茱萸 Fruit Asiatic Cornelian Cherry;
- 12 grams Shan Yao 山药 Chinese Yam Root;
- 9 grams Fu Ling 茯苓 Poria;
- 9 grams Mu Dan Pi 牡丹皮 Tree Peony Root, Bark of;
- 9 grams Ze Xie 泽泻 Water Plantain Rhizome;
- 3 grams Gui Zhi 桂枝 Cassia Twig;
- 3 grams Rou Gui 肉桂 Saigon Cinnamon Inner Bark.

Analysis

Da Huang tonifies Kidney Yin and Jing Essence, Shan Zhu tonifies Kidney and Liver Yin, Shan Yao tonifies the Kidney and Spleen, Fu Ling, Mu Dan Pi, and Ze Xie sedate turbidity and prevent the greasiness of the tonic herbs from blocking the Chi flow, Gui Zhi and Rou Gui tonify the Kidney Yang.

HUAN SHAO DAN

Return to Youth Pills

Original source

Yang Shi Mi Fang, *Secret Formulas of the Yang Family*

Therapeutic Actions

This is an excellent formula for treating premature aging in both men and women; which is commonly caused by excessive consumption of Chi, Blood, Yang, and Jing (sexual essence), with underlying deficiencies of the Spleen, Stomach, Heart and Kidney. Including the lack of Jing, which is often accompanied by Kidney Yang deficiency, leading to decreased libido, seminal emissions and other sexual disorders.

Preparation

Traditionally, this formula was prepared as pills; we suggest that you have the ingredients ground into a

fine powder by your herb supplier, and then stored in a brown or amber glass bottle with a lid. The bottle should be kept in a cool environment free of sunlight and moisture until needed — do not refrigerate. For more detailed instructions, follow the step-by-step guides for preparing a decoction, smoothie, or capsules discussed in Chapter Four.

Dosage for Powder

This formula should be taken daily. The powder can be used in a couple of different ways. By making a smoothie and adding a tablespoon of the powder to eight to twelve ounces of juice smoothie, mix well, and drink. If that is an issue, we recommend encapsulating the powdered herbs in 00-size capsules. Three capsules is one dose.

HERBAL INGREDIENTS

- 30 grams Rou Cong Rong 肉苁蓉 Fleshy Stem of Broomrape;
- 30 grams Ba Ji Tian 巴戟天 Morinda Root;
- 30 grams Xiao Hui Xiang 小茴香 Fennel Fruit;
- 15 grams Shu Di Huang 熟地黄 Chinese Foxglove Root Prepared;
- 30 grams Shan Zhu Yu 山茱萸 Fruit Asiatic Cornelian Cherry;
- 15 grams Gou Qi Zi 枸杞 Matrimony Vine Fruit;
- 30 grams Du Zhong 杜仲 Eucommia Bark;
- 45 grams Niu Xi 怀牛膝 Ox Knee Root;
- 30 grams Fu Ling 茯苓 Poria;
- 45 grams Shan Yao 山药 Chinese Yam Root;
- 30 grams Wu Wei Zi 五味子 Schizandra Fruit;
- 30 grams Yuan Zhi 远志 Polygala Root;
- 30 grams Shi Chang Pu 石菖蒲 Sweetflag Rhizome;
- 15 grams Da Zao 大枣 Jujube Fruit;
- 30 grams Chu Shi Zi 楮实子 Paper Mulberry.

Analysis

The chief herbs, Rou Cong Rong, Ba Ji Tian and Xiao Hui Xiang strengthen the Spleen and Kidneys, Shu Di, Shan Zhu Yu, and Gou Qi Zi nourish the Kidney and Benefit the Chi, Du Zhong and Niu Xi tonify the Kidney and strengthen the knees and lower back, Fu Ling and Shan Yao strengthen the Spleen and dissolve dampness, Wu Wei Zi reduces the loss of fluids from the Kidneys, Yuan Zhi tonifies the Heart and calms the Spirit, Shi Chang Pu opens the sensory orifices, and Chu Shi Zi warms and tonifies Yang to strengthen the muscles and bones.

BI XIE FEN QING YIN

Dioscorea Hypoglauca Decoction to Separate the Clear

Original source

Dan Xi Xin Fa, *Teachings of Zhu Dan-Xi*

Therapeutic Actions

This is an excellent formula for treating impotence due to prostatitis; as it treats urinary disorders caused by deficiency and cold in the lower Jiao accompanied by an accumulation of dampness and turbidity.

Preparation

Traditionally, this formula was prepared as pills; we suggest that you have the ingredients ground into a fine powder by your herb supplier, and then stored in a brown or amber glass bottle with a lid. The bottle should be kept in a cool environment free of sunlight and moisture until needed — do not refrigerate. For more detailed instructions, follow the step-by-step guides for preparing a decoction, smoothie, or capsules discussed in Chapter Four.

Dosage for Powder

This formula should be taken daily. The powder can be used in a couple of different ways. By making a smoothie and adding a tablespoon of the powder to eight to twelve ounces of juice smoothie, mix well, and drink. If that is an issue, we recommend encapsulating the powdered herbs in 00-size capsules. Three capsules is one dose.

HERBAL INGREDIENTS

- 9 grams Bi Xie (Fen) 粉萆薢 Fish Poison Yam;
- 9 grams Yi Zhi Ren 益智仁 Alpinia Fruit;
- 9 grams Wu Yao 烏藥 Lindera Root;
- 9 grams Shi Chang Pu 石菖蒲 Sweetflag Rhizome.

Analysis

The herb Fen Bi Xie (AKA Bi Xie) dispels dampness and turbidity. Yi Zhi Ren warms the Kidney Yang and binds the Kidney to stop frequent urination, Wu Yao warms the Kidney and urinary Bladder to relieve frequent urination, and Shi Chang Pu warms the Urinary bladder and dispels deficiency and cold of the lower Jiao.