Although the rewards of martial arts training are considerable, it is not without its drawbacks. One of the unfortunate consequences of martial practice is the likelihood of injuries. Unlike the minor muscle strains and tendon pulls which are fairly common, occasionally more serious injuries do occur.

Traditionally, our martial forbearers accepted the possibility of major trauma as an occupational hazard. In order to cope with the wide-range of injuries that occur during training or combat, a specialized branch of traditional Chinese medicine known as Tieh Ta Ke (or hit medicine) developed into an extensive healing tradition.

An empirical medical specialty created by martial artists, the efficacy of the techniques and herbal remedies used in this ancient healing practice were refined and developed through experimentation and self-treatment.

Through an agonizing process of trial and error, the arduous process of creating this unique form of martial medicine developed out of necessity. In fact, for thousands of years, Tieh Ta Ke was the martial artist's only option for treating injuries, minimizing suffering and in some cases avoiding permanent injury and death.

Needless to say, the outcome of such treatment was not always favorable or successful. Occasionally, long range complications developed due to improper healing, which was usually a result of faulty injury management. In such cases a special formula was used to heal persistent non-healing injuries, it was known as: Sun Shang Yao Jiu or “Many Years Persistent Injury Wine.”

This unique centuries old prescription contains twenty-one ingredients that circulate the blood, heals sinews (ligaments & tendons), relieves pain, reduces inflammation, and reconnects broken or fractured bones. It is considered a supreme elixir for treating all types of chronic non-healing injuries.
**Realistically what can you expect to experience during and after treatment?**

This prescription will heal broken bones, ligaments, tendon and muscle pulls & tears; it will strengthen the sinews and re-connect the tissues. In our opinion, no other formula exists that even comes close to matching the power of **SUN SHANG YAO JIU** for treating dislocations and injuries to the ligaments and tendons, as well as mending broken bones. It will invigorate the tissues and escalate healing, and if you have a stubborn injury that hasn’t healed, this formula will correct the problem, even if the original injury has been a chronic problem for many years.

We have received constant feedback from martial artists – expressing their amazement at the formula’s. It is without question, one of the most effective formulas in Chinese Herbology for treating traumatic injuries.

**SUN SHANG YAO JIU** contains many herbal ingredients that will strengthen the tendons, bones and ligaments, as well as shorten the healing time after traumatic injury or surgery, such as: Dang Gui, Du Zhong, Fu Ling, Gou Qi Zi, Gui Zhi, Hong Hua, Huang Qin, Niu Xi, Qin Jiao, Sheng Di, Song Jie, Tao Ren, Wu Jia Pi, Wu Yao, Xiang Fu, Xue Duan, Yan Hu Suo, Yuan Zhi, and Zhi Qiao.
How to best use this formula?

Traditionally Chinese medicine recommends preparing this herbal formula into a medicinal wine (yao jiu), which soaks the herbs in alcohol 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 soak in the alcohol 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 to a smoothie or to juice and drunk that way. There is a $10.00 extra fee applied for powdering.

Daily dosage (for capsules) is 3 caps x daily, when adding the powder to juice/smoothie, mix one heaping teaspoon into 8 ounces of juice/smoothie and drink that 2 x daily. However, we would be remiss if we did not state that while effective when used this way; a medicinal wine does make the formula’s effects 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.

The overall health benefits of **Sun Shang Yao Jiu** are legendary. Perhaps, you owe it to yourself to discover the reason for the legend of this Taoist Treasure?

If you’d like to know more about **Sun Shang Yao Jiu** or if you would like to purchase, please give us a call or send an email. We look forward to hearing from you.


**Cost**

**Sun Shang Yao Jiu**

One 8 oz. herb kit $59.99; or one 16 oz. herb kit $104.99.

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