



### TRADITIONAL CHINESE MEDICINE (TCM)

TCM is a holistic health system developed over 2,500 years ago that integrates nutrition, herbs, acupuncture and body work. It focuses not on symptoms, but rather why those symptoms are occurring using an energetic model as a guide. This helps assess balances and imbalances as well as harmonies and disharmonies among our interconnected body systems in relation to our environment.

### YIN & YANG

Harmony between dual opposites (excess or deficient, hot or cold, dry or moist) but balanced interdependent forces are called *yin* and *yang*. Yin and yang together, are like two halves to a puzzle to create wholeness. Each has a dominating force with a little of its counterpart within it. It is this ebb and flow that creates harmony.

Yin is related to water, cool, dark and anatomical structures (organs, blood, fluids). It is nurturing.

Yang is related to the sun's heat, warmth, dry, light and the body's energy (chi). It is protective.

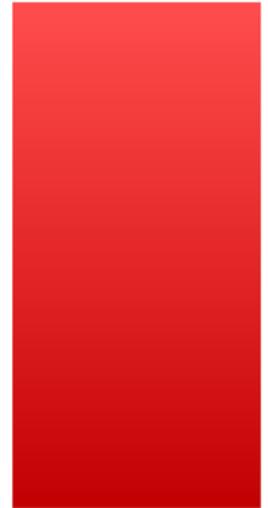
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*“TCM sees health as adjusting energy. As the energy is balanced or regulated, the biochemistry and structure of the body are rebalanced. So, the focus is not on chemistry or structure, it is on energy.”*

*- Steven Horne, Master Herbalist*

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What's Your Element?

## CHINESE HERBS

*By Nature's Sunshine Products*

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## CHINESE ELEMENT HERBS

### WOOD

**Organs:** Gall Bladder & Liver

**Stressed Wood: Chinese Liver Balance**

Anger, irritable, hostile, frustration, aggression, congestion, stagnation, high BP, tantrums.

**Weak Wood: Chinese Blood Stimulator**

Nourishes blood. Depressed, defeated, resentment, hostile, bitter, enhances circulation, cardio- tonic, lowers BP, PMS issues.

### FIRE

**Organs:** Heart & Small Intestine

**Stressed Fire: Chinese Stress Relief**

Pacify the Spirit. Hysteria, fright, anxiety, ADHD, weepy, hysteria, pent up emotions, fear of public speaking, skin eruptions.

**Weak Fire: Chinese Nervous Fatigue**

Nurture the heart. Bored, cold emotions, burned-out, confusion, vulnerable, extreme fatigue, cardio stress, broken heart, nightmares, leg pain.

### EARTH

**Organs:** Stomach, Spleen & Pancreas

**Stressed Earth: Chinese Anti-Gas**

Clears congestion. Over-sympathetic, worry, need approval of others, protective, gas, bloating, belching, nausea (motion).

**Weak Earth: Chinese Spleen Activator**

Warm center. Complaining, despair, hopeless, feel neglected, unable to adapt to change, IBS, nausea, "wasting" away, malabsorption, anemia.

## METAL

**Organs:** Lungs & Colon

**Stressed Metal: Chinese Breathe Activator**

Ventilate lungs. Grief, loss, sadness, hurt feelings, smothered, dogmatic, sore throat, decongestant, cough, thick mucus.

**Weak Metal: Chinese Lung Support**

Support weak. Hardened emotions, insensitive, defensive, rebellious, disharmony within, fever, shortness of breath, body aches, expectorant.

## WATER

**Organs:** Kidneys & Bladder

**Stressed Water: Chinese Kidney Activator**

Relieve moisture. Fear, scared, timid, indecisive, lack willpower, not follow through, edema, burning urine, kidney stones, arthritis, gout, cystitis.

**Weak Water: Chinese KB-C**

Build bones. Brittle bones, unable to compromise, deep-seated guilt, unstable, urinary and kidney weakness, diabetes, graying hair, dizzy, back pain.

## ENERGY

**Organs:** Head & Adrenals

**Stressed Energy: Chinese Mood Elevator**

Sagging chi; calms the spirit. Feel like a victim, defeated, don't care, lack courage, increase vitality, restless, insomnia, melancholy.

**Weak Energy: Chinese Trigger Immune**

Generate pulse. Struggle for power and position, misguided will, feels life must have burdens, immunity, respond to stress, fatigue.

**Balance Energy: Chinese VS-C**

Builds Chi. Antiviral, anti-inflammatory, cold/flu, cold sores, shingles, Epstein-Barr, flare-ups of physical and emotional issues, mental chatter, feel attacked.



CHINESE TCM PACKS - POSITIVE & NEGATIVE

## HEAT & DRYNESS

**Stressed Heat: Chinese IF-C**

Clear heat. Inflammation, excessive heat/fire, rage, anger, fear, pain, hot flashes, headache, hemorrhoids, fast talker.

**Weak Dryness: Chinese HY-C**

Mineral absorption. Can't get into a flow, drained, rigid, increases moisture to combat dryness (skin, coughs), blood sugar & glandular balance.

## TIAO HE CLEANSE

Gentle, yet effective herbal cleanse to improve health through enhanced detoxification of colon, liver and kidneys. Combines Chinese and Western herbs to help GI inflammation, expel parasites and improve digestion. It can help one to "let go" of congesting, harbored emotions. Tiao he means "harmony".



## MINERAL CHI TONIC

Combination of Chinese herbs to increase the fire and chi while balancing meridians (allows energy to flow). Nourishes the body and mind, provides adaptogens to reduce stress, support adrenals and mineral balance. For stress, fatigue, organ function, cognitive support, immunity, broken bones and emotional sensitivities.



## Contact Us

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