



Fall - Winter Herbal Pharmacy

Jade Screen - *Wind impairing the descending and diffusing of Lung-Qi in the nose.*

Allergic rhinitis, sneezing, runny nose with a clear watery discharge, itchy eyes and nose, dull soreness on the forehead, hay fever, allergy to cats, dogs, horses, dust, chronic sinusitis (only if secondary to rhinitis).

Limpid Sea - *Phlegm (damp, cold or hot) in the Middle and Upper Burner.*

Welcome Fragrance - *Chronic Damp-Heat and Toxic Heat blocking sinuses with deficiency of Qi.*

Facial pain, nasal discharge, which is yellow and thick or even purulent, blocked nose, loss of smell, frontal headache, tiredness.

Expel Toxic-Heat - *Resolve Toxic Heat from the three Burners.*

Acute bacterial or viral infections.

Clear Qi- *Descend Lung Qi, expel Wind, stop wheezing*

Cough, asthma, wheezing, breathlessness, a feeling of oppression of the chest, allergic asthma, seasonal allergic rhinitis with wheezing.

Clear Lustre - *Expel Wind, clear Heat, cool Blood, resolve Dampness.*

Skin rashes, skin spots, eczema, dermatitis.

Glorious Sea - *Nourish Liver-Blood, tonify the Kidneys, nourish the skin, resolve Dampness, cool Blood*

Sallow complexion, dry skin, dry rashes, skin spots, itching, dry hair and nails.

Strengthen the Root - *Tonify and warm Kidney-Yang, fill the Jing, nourish Blood, strengthen the Will-Power.*

Chilliness, cold feet, cold limbs, lower backache, weak knees, dizziness, tinnitus, depression, exhaustion.

Invigorate the Root - *Expel Wind, resolve Damp in the channels, tonify Kidney-Yang and Spleen-Qi, nourish Blood.*

Bi Syndrome from Wind and Damp in the channels occurring against a background of Kidney-Yang.

Arouse Power - *Kidney-Yang deficiency, Heart-Qi deficiency, Damp-Heat in the Lower Burner.*

Decreased libido and sexual function, frigidity, insomnia, depression, backache, urinary difficulty, dizziness, tinnitus, impotence, premature ejaculation.

Searching Soul - *Tonifies Kidney-Yang, nourishes Liver-Blood, promotes the movement of Hun, strengthens Zhi.*

Depression, lack of sense of direction, mental confusion, confusion about one's goals, relationship problems.

Nourish the Root - *Nourish Kidney-Yin and Essence, strengthen the willpower (Zhi).*

Dizziness, tinnitus, sore back and legs, night-sweating, dry mouth and throat in the evening, feeling of heat and vague anxiety in the evening.

Nourish the Soul - *Nourish Liver, Kidney, Heart Yin, calm Shen, settle the Hun*

Insomnia, anxiety, dryness and deficient heat at night.

Dosage Considerations

Chronic vs Acute conditions

The distinction between chronic and acute conditions is an important one. In acute cases, the dosage should be higher. Example- ***Expel Wind-Heat*** for a severe invasion of Wind-Heat take 12 or even more tablets in 24 hours. In contrast, chronic conditions change only slowly therefore lower doses are best.

Bend Bamboo (for chronic headaches from Liver-Yang rising) can be used to treat acute migraine attacks by increasing the dosage substantially, i.e. 6-9 or even more a day.

Some of the formulae produce best results if taken at specific times:

Strengthen the Root and Ease the Journey Yang: take a higher dose in the morning

Nourish the Root and Ease the Journey Yin: take a higher dose in the evening, and to maximize the effect take it with very slightly salted water

Soothe the Centre : take half an hour before a meal

Brocade Sinews: take a higher dose half an hour before breakfast

Clear the Soul and Root the Spirit: take a higher dose in the evening

Expel Wind-Heat and Expel Wind-Cold: take after meals, preferably with hot ginger water

When using more than one formula:

If two or three different formulae are combined, it is advisable to reduce their individual dosage accordingly and take them at different times.

An example could be the combination of ***Brighten the Eyes*** to nourish Liver-Blood and ***Freeing the Moon*** to move Qi and pacify the Liver in pre-menstrual tension. If deficiency of Liver-Blood predominates, the dosage of ***Brighten the Eyes*** should be double that of ***Freeing the Moon***, and vice versa if stagnation of Liver-Qi predominates. As for the time of administration, ***Brighten the Eyes*** could be taken in the morning and ***Freeing the Moon*** in the afternoon.

Anastacia White offers online seminars and Chinese Medicine consultations; information is available at: [East Earth Medicine Wisdom](http://www.suwenherbs.com)