Age-Related Degenerative Diseases
Effective Chinese Treatment Approaches for:
Diabetes, Heart Disease, Arthritis, Neuropathy, Dementia, Osteoporosis, Dryness/Atrophy of Tissues

Age Related Pathogenesis
- Yang deficiency (primary): decrease of physical and mental energy
- Yin deficiency (secondary): dryness, atrophy, restlessness, anxiety, insomnia, hot flashes
- Qi/Jing deficiency (tertiary)
- Microcirculation issues (blood stasis)
- Fluid circulation issues (dampness, phlegm)

The Law of Macro- and Microcosm
Egg Image as Hologram of Body

White: Guizhi

Yellow: Fuzi

Yin/Yang Deficiency Layers A

Taiyin: Guizhi/Rougui; Renshen; Fuzi; Maimendong, Wuweizi

- Guizhi Tang (SP, LU, SI, BL)
- Ling Gui Zhu Gan Tang (SP, LU)
- (Fuzi) Lizhong Tang (SP, ST, HT)
- Shengmai San (LU, HT)
Yin/Yang Deficiency Layers B

Shaoyin: Fuzi, Paojiang, Sharen; Guizhi/Rougui

- Sini Tang, Zhenwu Tang, Qianyang Dan
- Wenpi Tang
- Wuling San, Guizhi Fuling Wan, Taohe Chengqiqi Tang

Yin/Yang Deficiency Layers C

Jueyin: Guizhi/Rougui; Wuzhuyu; Fuzi

- Guizhi Tang, Danggui Sini Tang
- Danggui Sini Jia Wuzhuyu Shengjiang Tang
- Wuzhuyu Tang
- Sini Tang
- Erzhi Wan, Erxian Tang

Vitality Pearls

Jianyang Dan

General yin/yang tonic, to be used in end phase of any treatment for chronic disease. Also designed to support yang deficient individuals through treatment cycles for excess disorders, such as Gu Syndrome (debilitating parasitic disorders, such as Lyme disease; to be used in combination with Thunder and/or Lightning Pearls)

Fuzi, Ganjiang, Baizhu, Wujiashen (Ciwujia), Gancao, Baihe, Huangjing, Yinyanghuo, Buguzhi, Huanglian
Vitality Pearls: Core Design

- Fuzi Lizhong Tang
- Baihe Dihuang Tang

Vitality Pearls cont.

**THERAPEUTIC PRINCIPLES:**
- Tonify yang qi in post-natal (taiyin) and pre-natal (shaoyin) organ systems; strengthen bones and prevent osteoporosis; balance endocrine system (esp. thyroid) and stabilize blood sugar; eliminate residual parasites, stabilize vitality of terrain

**INDICATIONS:**
- Fatigue (often accompanied by inner restlessness)
- General state of yang deficiency after/during recovery from chronic disease
- Prior history of parasite/yeast infections
- Gas/bloating

**TYPICAL APPLICATIONS:**
- Second and third stage of Gu Syndrome (chronic parasitism) treatment
- Osteoporosis
- Chronic digestive weakness; food allergies; mouth ulcers
- Blood sugar imbalances
- Hypothyroidism

**DIFFERENTIATE:**
- For earlier stages of Abdominal Gu (digestive parasitism) treatment, combine with Thunder Pearls
- For earlier stages of Brain Gu (nervous system inflammation) treatment, combine with Lightning Pearls
- For endocrine imbalances due to menopause, use or combine with Guanyin Pearls
- For chronic weakness in bones, tendons, and connective tissue due to history of injuries, combine with Ox Bone Pearls

Heart Pearls

**Shengmai Guxin Tang**

A formula for chronic debilitating disease of heart and kidneys.

Fuzi, Chishao, Shengjiang, (Chi) Fuling, Baizhu, Sangi, Zhi Gancao, Maimendong, Wuweizi, Danshen, (Zhi) Heshouwu, Taoren, Honghua, (Jiu) Dahuang

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Heart Pearls: Core Design

- Fuzi Lizhong Tang
- Zhenwu Tang
- Shengmai San

Heart Pearls Cont.

**Therapeutic Principles:**
- Enhance fluid metabolism and microcirculation by tonification of yang qi in Heart and Lung
- Protect liver, lung, liver, and kidney yi qi prevents cardiomyopathy, heart failure, kidney failure and other forms of core system degeneration by moving Heart and Liver blood and purging cellular toxicity

**Indications:**
- Degeneration of heart and vascular system; chronic heart disease
- Degeneration of kidneys; chronic kidney disease

**Typical Applications:**
- Shortness of breath
- Edema (due to degeneration of heart and kidneys)
- High cholesterol levels
- Microcirculatory issues
- Prevention of vascular degeneration and other age related problems
- Stroke prevention and post-stroke recovery in yang deficient individuals

**Differentiate / Precautions:**
- Prescribe in small amounts only for patients who take blood thinning drugs
- For acute stage of inflammation of the heart or pericardial tissues, use Lightning Pearls
- For chronic stage of heart or pericardial tissue inflammation, combine with Lightning Pearls
- For menopausal problems, combine with Guanyin Pearls
- For decreased libido, combine with Love Pearls
- For pronounced palpitations, combine with Peace Pearls

Sugar Pearls

**Jueming Hema Tang**

A formula for diabetes and other blood-sugar issues.

Fuzi, Xiyanshen, Paojiang, Baizhu, Gancao, Maimendong, Wuweizi, (Vietnamese) Rougui, Taoren, Huzhang, Juemingzi, Zhizi, Danshen, Lingzhi, Hongxianma
Sugar Pearls: Core Design

- Fuzi Lizhong Tang
- Shengmai San
- Taohe Chengqi Tang

**THERAPEUTIC PRINCIPLES:**
- Stabilize blood sugar levels, reduce cellular toxicity, improve microcirculation, and prevent tissue degeneration by tonifying yang qi of spleen/stomach, nourishing yin of lung/stomach/heart, clearing liver heat, and moving blood.

**INDICATIONS:**
- Symptoms of blood sugar imbalance: spaciness, fatigue, mood changes, PMS, sugar craving, headaches, difficulty focusing the eyes, nervous tempestuous outbursts, depression, excessive sweating, labile emotions, cold extremities, abdominal pain, pains in shins.
- Weakness, especially around the abdomen.
- Chronic acid reflux, bloating.
- Increased deposits of plaque in the arterial walls.
- Increased viscosity.
- Insulin resistance.

**TYPICAL APPLICATIONS:**
- Pre-diabetes, diabetes (type II), and other "sugar diseases".
- Syndrome X.

**DIFFERENTIATE:**
- For constipation, combine with Tiger Pearls.
- For hypoglycemia, combine with Vitality Pearls.
- For acid reflux and high blood pressure, combine with Counterflow Pearls.
- For neuropathy and memory issues, combine with Evergreen Pearls.

Sugar Pearls cont.

**THERAPEUTIC PRINCIPLES:**
- Stabilize blood sugar levels, reduce cellular toxicity, improve microcirculation, and prevent tissue degeneration by tonifying yang qi of spleen/stomach, nourishing yin of lung/stomach/heart, clearing liver heat, and moving blood.

**INDICATIONS:**
- For diabetes (type II), and other "sugar diseases".
- Syndrome X.

**TYPICAL APPLICATIONS:**
- Pre-diabetes, diabetes (type II), and other "sugar diseases".
- Syndrome X.

**DIFFERENTIATE:**
- For constipation, combine with Tiger Pearls.
- For hypoglycemia, combine with Vitality Pearls.
- For acid reflux and high blood pressure, combine with Counterflow Pearls.
- For neuropathy and memory issues, combine with Evergreen Pearls.

Tiger Pearls

**Taohe Wenpi Tang**

A formula for resolving chronic constipation (including all chronic diseases accompanied by constipation).

Fuzi, Ciwuija, Ganjian, Dahuang, Guizhi, Chishao, Mangxiao, Taoren, (Zhi) Gancao, Heshouwu

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Tiger Pearls: Core Design

- Wenpi Tang
- Taohe Chengqi Tang

THERAPEUTIC PRINCIPLES:
- Resolve habitual constipation and deep-seated cellular toxicity in overall deficient individuals by cleaning stagnating networks (stomach/large intestine) and boosting stomach/kidney functions; returning bowel functions by balancing yin/yang.
- Normalize bowel movements by reducing toxic load

INDICATIONS:
- Constipation; or alternating diarrhea and constipation
- Cold and congested feeling in lower abdomen
- Undigested food in stool

TYPICAL APPLICATIONS:
- Chronic constipation
- Primary remedy for degenerative diseases where purging of toxicity from the cellular matrix is required: kidney/failure, diabetes, cancer (especially colon cancer and metastasis in bone marrow cancers like multiple myeloma), etc.
- Irritable bowel syndrome, leaky gut syndrome; ulcerative colitis, Crohn’s disease
- Anemia, pernicious anemia, aplastic anemia

DIFFERENTIATE:
- For constipation caused by parasitic disease, combine with Thunder Pearls
- For diabetes, use or combine with Sugar Pearls
- For bone failure and osteoporosis, combine with Ocean Pearls
- For bladder cancer, use or combine with Ocean Pearls
- For lung cancer, use or combine with Ocean Pearls
- For low thyroid values and/or osteoporosis, combine with Vitality Pearls or Guanyin Pearls
- For pernicious anemia, combine with Vitality Pearls
- For aplastic anemia, combine with Love Pearls
- For leukemia, use Dragon Pearls and Ease Pearls

Peace Pearls

Suanzao Qianyang Dan

A formula that includes exceptional 19th and 20th century remedies for anxiety and insomnia.

Fuzi, Pipajiang, (Xi) Shairen, Beishashen, Zhi Gancao, Suanzaoren, Zhimu, Chuanxiong, Fushen, (Quan) Danggui, Kushen, Yejiateng
Peace Pearls: Core Design

- Qianyang Dan
- Suanzaoren Tang

Peace Pearls cont.

THERAPEUTIC PRINCIPLES:
Soothe the Heart by reversing upward qi flow, and fortifying the Kidney’s ability to store yang and ground the shaoyin network; calm shen by nourishing Heart blood and removing phlegm from the Heart orifice; eliminate restlessness by clearing localized heat from the Heart.

INDICATIONS:
- Anxiety
- Insomnia
- Palpitations
- Pulse: weak

TYPICAL APPLICATIONS:
- Anxiety, insomnia, and palpitations due to chronic adrenal stress and/or autonomic nervous system imbalance

DIFFERENTIATE:
- For depression/anxiety accompanied by obvious shaoyang or liver qi stagnation symptoms, use Ease Pearls
- For anxiety/insomnia during menopause, combine with Guanyin Pearls
- For anxiety/insomnia caused by nervous system inflammation (i.e., Lyme disease), combine with Lightning Pearls
- For anxiety/insomnia caused by intestinal parasites, combine with Thunder Pearls

Guanyin Pearls

Guanyin Qianyang Lu

An effective formula for all symptoms of menopause including hot flashes, reduced energy, thinning/drying of vaginal tissue, reduced libido.

Fuzi, Paojiang, (Xi) Sharen, Wujishen (Ciwujia), Zhi Gancao, Hanlancao, Nuzhendi, Yinyanghuo, Xianmao, Tusizi, Zhimu, Bahe
Guanyin Pearls: Core Design

- Qianyang Dan
- Baihe Zhimu Tang
- Erzhi Wan
- Erxian Tang

Guanyin Pearls cont.

THERAPEUTIC PRINCIPLES:
- Alleviate deficiency flare-up of yang energy in menopausal women by restoring the Kidney’s ability to store and safeguard yang or harmonize upward and downward movements of yang energy (Liver and Kidney); nourish yin and yang in the sources of pre-natal energy (Liver and Kidney);

INDICATIONS:
- All symptoms of menopause and post-menopause

TYPICAL APPLICATIONS:
- Hot flashes
- Anxiety/depression, emotional volatility, restless sleep
- Loss of energy; thyroid and adrenal imbalances
- Decrease in libido; thinning of vaginal tissues
- Hair loss, brittle nails, dry eyes, dry and wrinkling skin

DIFFERENTIATE:
- For menopausal symptoms due to Liver qi stagnation and/or obvious shaoyang problems, use Ease Pearls
- For anxiety/insomnia that is not associated with menopause, use Peace Pearls
- For severe anxiety/insomnia, use in combination with Peace Pearls
- For uterine fibroids or other benign uterine masses, use Moon Pearls
- For constitutional support of those with breast cancer or uterine cancer, use Mama Pearls
- For improve in libido and/or atrophy of genital tissues, use in combination with Love Pearls
- For perimenopausal symptoms, use or combine with Moon Pearls

Love Pearls

Yangshen Fuyang Dan

An alchemical formula based on Daoist folk remedies and Sun Simiao’s Thousand Ducat Formulas, indicated for decreasing sexual drives and functions in middle-aged to elderly men and women.

Yang Waishen, Niqiu, Wuweizi, Tusizi, Yinyanghuo, cishi
Love Pearls cont.

**THERAPEUTIC PRINCIPLES:**
- Invigorate flagging yang; tonify essence of Kidney and Liver; strengthen hormonal vitality and calm nerves

**INDICATIONS:**
- Decreasing sexual function in middle-aged or elderly men and women
- Decreased sexual drive in menopausal or elderly men and women
- Atrophy of sexual tissues
- Other symptoms of essence deficiency in old age

**TYPICAL APPLICATIONS:**
- Impotence, erectile dysfunction
- Premenstrual symptom (primarily in elderly men)
- Reduced libido, sexual impairment
- Osteoporosis
- Hypothyroidism
- Alternative option to conventional hormone replacement therapy

**DIFFERENTIATE:**
- For peri-menopausal women, combine with Moon Pearls
- For post-menopausal women, combine with Guanyin Pearls
- For osteoporosis and hypothyroidism, combine with Vitality Pearls
- For patients with heart or blood vessel disorders, combine with Heart Pearls
- For patients with anxiety, combine with Peace Pearls

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Bamboo Pearls

**Shenjin Guizhi Shaoyao Zhimu Tang**

Addresses chronic pain in joints and extremities as well as chronic pain from past injuries and fractures. Effective for arthritis, rheumatoid arthritis, frozen neck/shoulder, and bone spurs.

Guizhi, Baishao, Zhimu, Fuzi, Shengjiang, Baizhu, Fangfeng, Gancao, Wujiapi, Sangjisheng, Shenjincao, Dilling

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Bamboo Pearls: Core Design

- Guizhi Shaoyao Zhimu Tang
Bamboo Pearls cont.

THERAPEUTIC PRINCIPLES:
Alleviate pain by dispelling wind damp, warming the channels, diffusing stagnation, and opening blocked collaterals; calm the nervous system by nourishing yin and clearing localized auto-immune heat

INDICATIONS:
- Chronic pain in joints and/or extremities
- Chronic pain associated with old fractures/injuries

TYPICAL APPLICATIONS:
- Arthritis, rheumatoid arthritis
- Pronounced body pain or arthritic changes accompanying Lyme disease
- Frozen neck/shoulder
- Bulging or herniated discs
- Bone spur
- Sciatic, heel pain
- Chronic stage of bone fracture (2 Month+) recovery, and tendon/ligament injuries

DIFFERENTIATE:
- For acute injuries to the bone, tendons, and connective tissue, use Ox Bone Pearls
- For fractures that have not healed after 2 months, combine with Ox Bone Pearls

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Ox Bone Pearls

Guzhe Neifu Fang

Complex Daoist medicine formula for the acceleration of bone healing. Prepared with great alchemical integrity in three complex production phases.

Danggui (Wei), Chuanxiong, Moyao, Honghua, Guizhi, Sanqi, Longgu (Chiao), Dilong, Yinyanghuo, Gouqi, (Guang) Muxiang, Gancao, Gusuibu, Niuju, Pangxia

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Ox Bone Pearls cont.

THERAPEUTIC PRINCIPLES:
Move blood, reduce swelling and pain, resolve trauma from external injuries; accelerate bone healing by increasing mineral uptake and formation of bone web.

TYPICAL APPLICATIONS:
- Whenever blood moving therapies are required
- External injuries involving bone fractures
- Other types of external injuries
- Meniscus and other cartilage damage
- Acute ligament pain

TYPICAL APPLICATIONS:
- Whenever blood moving therapies are required
- External injuries involving bone fractures
- Other types of external injuries

DIFFERENTIATE:
- For acute fractures/injuries, use Ox Bone Pearls for 3-6 weeks, then switch to Bamboo Pearls to prevent arthritic changes
- For fractures that are older than 6 weeks, use Ox Bone Pearls for 1-2 weeks, then switch to Bamboo Pearls
- For chronic pain in old injury sites, use Bamboo Pearls
Evergreen Pearls

Danggui Jiunao Tang

For degenerative brain disorders (Parkinsons, MS, Alzheimers, sclerosis of cerebral blood vessels).

Danggui (wei), Guizhi, Baishao, Tongcao, Dazao, Gancao, Huangqi, Dilong, Shichangou, Yinxingye, Jixueteng, Moyao, Gouteng, Maiméndong, Tiánméndong

THERAPEUTIC PRINCIPLES:
• Increase microcirculation in the brain by opening jueyin channels and related cerebral collaterals
• Increase microcirculation in vascular system and extremities by warming and moving blood
• Calm tremors, spasms, and involuntary movements by tonifying blood and extinguishing internal wind
• Control blood pressure by reducing upflaring liver yang and moistening kidney yin

INDICATIONS:
• Loss of memory, loss of cognitive function
• Loss of muscle movement, tremors, spasms
• Pain in extremities, stiffness of extremities
• General indicators of jueyin syndrome: cold hands and feet, painful joint, tender pulse, a deep and weak pulse

TYPICAL APPLICATIONS:
• Parkinsons, MS, Alzheimer’s and other degenerative brain disorders
• Stroke prevention and post-stroke paralysis
• Atherosclerosis
• Peripheral neuropathy
• Rheumatoid arthritis

DIFFERENTIATE:
• For pronounced headaches, nausea, and dizziness, combine with Gingko Pearls
• For brain tumors, use Gingko Pearls
• For heart disease, atherosclerosis, and chronic cases of post-stroke recovery, combine with Heart Pearls
• For high blood pressure, acid reflux, and enlarged prostate, combine with Counterflow Pearls
• For constipation, use or combine with Tiger Pearls
• For arthritis, rheumatoid arthritis, or frost bite, use or combine with Bamboo Pearls
• For constipation, use or combine with Gout Pearls

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Gingko Pearls

Wuzhuyu Jiajian Tang

Addresses chronic dizziness and nausea (chemotherapy; brain cysts or tumors; chronic nervous system inflammation; ideopathic causes), pathological relationship to food and eating (including eating disorders), chronic migraine headaches, and addictive tendencies.

Wuzhuyu, Shengjiang, Dazao, Dangshen, Dangshen, Sharen, Baihe, Yinxingye, Shichangpu, Dilong, Zhenzhu Fen, Guanzhon, Longdancao, Dahuang

Gingko Pearls: Core Design

• Danggui Sini Tang
• Buyang Huanwu Tang

THERAPEUTIC PRINCIPLES:
• Harmonize jueyin channel networks and regulate brain chemistry via the connection of the digestion/brain axis
• Reverse counterflow of qi due to cold in liver and stomach channel networks; regenerate chronically compromised mucous membranes in stomach, esophagus, tongue/mouth, and naso-pharyngeal tract
• Traverse blood brain barrier, balance compromised brain chemistry and/or imbalances of cerebral glands, regenerate brain tissue
• Deliver anti-cancer and anti-pathogenic effect to the stomach/brain axis

INDICATIONS:
• Decreasing sexual function in middle-aged or elderly men and women
• Nausea, vomiting; aversion to food
• Dizziness; brain fog, confusion
• Headaches, migraines
• Inexplicable sensations in brain/head region, often related to food intake
• Loss of smell or taste
• Stomach pain; acid reflux
• Obsessive compulsive behavior; “orthorexia” (obsession with correct eating)
• Sudden loss of appetite, anxiety, or palpitations after shock (especially heartbreak)
• Pale tongue body (may have no coating, or white coating, or yellowish coating)
• Overall weak pulse; “soggy pearl” sensation in SP/ST pulse position

TYPICAL APPLICATIONS:
• Nausea and dizziness in chemotherapy patients
• Nausea and/or dizziness in patients with brain tumors or brain chemistry imbalances; Cushing’s Syndrome
• Morning sickness (severe cases only)
• Migraine headaches
• Stomach and duodenal ulcers; chronic gastritis
• Degenerative changes (including cancer) in brain/brain chemistry, such as smooth muscle, neuropsychiatric cancer, lung cancer, liver cancer, etc.
• Degenerative brain disorders (MS, Parkinson’s)

DIFFERENTIATE:
• For reflux problems or stomach ulcers with signs of yin deficiency (generally accompanied by high blood pressure and elevated cholesterol levels), use Counterflow Pearls
• For degenerative brain disorders (MS, Parkinson’s), alternate with Evergreen Pearls
• For brain chemistry, alternate with Mama Pearls
• For morning sickness, use Ginkgo Pearls in low dosage only and combine with Earth Pearls