Gu Syndrome

Effective Chinese Treatment Approaches for Chronic Inflammatory Diseases:

Lyme Disease, Chronic Fatigue Syndrome, Fibromyalgia and other Mystery Disorders

Gu Syndrome – A forgotten clinical approach to chronic parasitism

• An unexplored topic in both China & the West
• Dismissed in mainland China as ancient, feudalist and superstitious
• Gu Syndrome is a valid clinical approach for funguses, parasites, viruses, and other hidden pathogens
History – Cultural and Medical Concepts of Gu Syndrome

• Original Meaning – A type of yin (hidden) evil that is doing harm to people’s mental and physical well being.
• Gudao (the way of Gu) and Wugu (shamanic Gu practice)

History (continued)

• Hexagram 18

Hexagram 18: Gu/Degeneration
History (continued)

• Ancient Pictogram for Gu

Physical & Mental Symptoms

• Digestive
• Neuromuscular
• Mental Symptoms
• Constitutional
• Two types of Gu patients
**Digestive Symptoms**

Chronic diarrhoea, loose stools or alternating diarrhoea and constipation; explosive bowel movements; abdominal bloating or ascites; abdominal cramping and/or pain; nausea; intestinal bleeding and/or pus; poor appetite or ravenous appetite, peculiar food cravings.

**Neuromuscular Symptoms**

Muscle soreness, muscle heaviness, muscle weakness; wandering body pains; physical heat sensations; cold night sweats; aversion to bright light
Mental Symptoms

Depression, frequent suicidal thoughts; flaring anger, fits of rage; unpredictable onset of strong yet volatile emotions; inner restlessness, insomnia; general sense of muddledness and confusion, chaotic thought patterns; visual and/or auditory hallucinations; epileptic seizures; sensation of “feeling possessed.”

Constitutional Symptoms

Progressing state of mental and physical exhaustion, indications of source qi damage; dark circles underneath the eyes; mystery symptoms that evade clear diagnosis; history of acute protozoan infection; history of travel to tropical regions; floating and big pulse or congested (choppy) pulse; stagnation in sublingual veins; rooted damp tongue coating; red tongue tip or red ‘parasite dots’ on top of the tongue.
Two Types of Gu Patients

• Digestive Gu
• Brain Gu

The Treatment of Gu Syndrome in Traditional Gu Literature

“Gu toxins that have entered the core of a person’s being can be compared to oil seeping into flour – it is everywhere and cannot be separated out”

Master Ranxi, a Qing Dynasty Daoist healer who specialized in the treatment of Gu syndrome
The Treatment of Gu Syndrome cont.

- Consider and safeguard the patient’s source (yuan) qi
- Anti Gu medications & tonics – safe for long term use
- A word about ginseng

Disperse Gu Toxins
(with diaphoretic herbs)

Zi Su Ye, Bo He, Bai Zhi, Jin Yin Hua, Lian Qiao, Chai Hu, Gao Ben, Sheng Ma, Ju Hua
Gu Syndrome
A Presentation By Heiner Frahlauf

Tonify Qi and Blood
(with aromatic/anti-parasitic substances)

Dang Gui, Bai Shao, Chuan Xiong
Gan Cao, Huang Qi, Wu Jia Pi, San Qi

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Calm The Spirit
(by nourishing the qi and yin of the Lung and Heart)

Huang Jing, Bai He, Bei Sha Shen, Xuan Shen, Sheng Di Huang, Xi Yang Shen, He Shou Wu
Calm Kill Parasites & Expel Demons

Da Suan, Ku Shen, Huai Hua, She Chuang Zi, Qing Hao, Shi Chang Pu, Ding Xiang, He Zi, Bing Lang, Ku Gua

Rediscovered anti-Gu Herbs
(Shen Nong bencao jing, Bencao gangmu)

- Gui Jian Yu (Euonymus alatus)
- Qing Dai (Indigo naturalis)
- Caowu (Aconitum kusnezoffii)
- Mi Wu (Ligusticum wallichii leaf)
- Fei Zi (Torreya grandis)
- Yun Shi (Caesalpinia sepiaria)
- Malinzi (Iris lactea seed)
- Yuanwei (Iris tectorum root)
- Xuchangqing (Cynanchum paniculatum)
- Changshan (Dichroa febrifuga)
Move Qi and Blood
(to break up biofilm)

E Zhu, San Leng, Yu Jin, Chen Pi,
Mu Xiang, Ze Lan, Chuan Shan Jia

Gu Syndrome in Modern Clinical Practice

• “Mystery patients”
• Limitations and shortcomings of Western approach/therapies
• The successful treatment of Gu syndrome requires a complex regimen that continues for months or even years (6 months – 5 years; average of 3 years)
• Chronic parasitism always involves a combination of deficiency and excess
Gu Syndrome in Modern Clinical Practice cont.

- Personal results
- Classical Pearls Herbal Formulas

Thunder Pearls

Su He Tang Jia Jian 1

A unique remedy for the important clinical phenomenon of “Abdominal Gu Syndrome”: difficult and treatment resistant diseases (such as IBS, chronic fatigue, fibromyalgia) caused by chronic, often undiagnosable parasitic infections of the digestive system. Sourced from ancient Daoist medicine texts, proven many times in modern clinical practice.

Jinyinhua(Chao), Zisuye, Baizhi, Danggui(Quan), Chuanxiong, Huangqi, Gancao (Sheng), Baihe, Huangjing, Sanleng, Ezhu, Dingxiang, Kushen, Shechuangzi, Baitouweng, Baibiandou

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Thunder Pearls cont.

**THERAPEUTIC PRINCIPLES:**
Nourish terrain and soothe digestive system in patients with “Abdominal Gu Syndrome” using anti-microbial tonic herbs; kill parasites, bacteria, and fungi; harmonize stagnation and inflammation in the digestive tract; reduce abdominal pain and discomfort; regulate BM.

**INDICATIONS:**
- Chronic abdominal discomfort after travel to Asia, Africa, or South America
- Chronic gas/bloating; alternating diarrhea/constipation; strangely formed BM
- Chronic feeling of exhaustion and lack of reserves
- Frontal headaches (typically food related), blurry vision, food allergies, brain fog
- Restlessness, anxiety/depression; insomnia; vivid dreaming, nightmares
- Sensation of “possession” (“I want my life back”)
- Grimy tongue coating; weak (yet occasionally wiry/light on right hand) pulse

**TYPICAL APPLICATIONS:**
- Protozoan infections (amoeba, giardia, blastocystis, toxoplasma)
- Fungal infections (candida, aspergillus, muco racemosus)
- Bacterial infections (enterococcus, e-coli, salmonella, klebsiella)
- Fibromyalgia, chronic fatigue syndrome; IBS, chronic colitis

**ALTERNATE/DIFFERENTIATE:**
- Alternate with Lightning Pearls (Thunder Pearls 3 weeks, Lightning Pearls 1 week)
- For “Brain Gu Syndrome” (chronic nervous system inflammation), primarily use Lightning Pearls (Lightning Pearls 3 weeks, Thunder Pearls 1 week)
- For prevention during travel to areas with high parasitism, use Thunder Pearls 2x/day; for travel to malaria infested areas, use Lightning Pearls 1x/day, Thunder Pearls 1x/day

Lightning Pearls

**Su He Tang Jia Jian 2**

A unique remedy for the important clinical phenomenon of “Brain Gu Syndrome”: difficult and treatment-resistant diseases caused by viral and spirochetal infections of the nervous system (such as Lyme disease, babesiosis, Rocky Mountain fever). Sourced from ancient Daoist medicine texts, proven many times in modern clinical practice.

Baizhi, Jinyinhua, Lianqiao, Danggui(Quan), Chuanxiong, Wujiapi, Baihe, Qinghao, Yujin, Zelian, Xuanshen, Tufuling, Shichangpu, Xuduan, Yinxingye

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Lightning Pearls Cont.

**THERAPEUTIC PRINCIPLES:**
Nourish terrain and soothe nervous system in patients with "Brain Gu Syndrome" using anti-microbial tonic herbs; kill viruses, spirochetes, protozoan parasites and other microbes invading the brain; reduce inflammation in the nervous system; increase micro-circulation in the brain; reduce pain.

**INDICATIONS:**
- Chronic debilitating joint and muscle pain (cyclical); permanent state of exhaustion
- Chronic flu-like symptoms; chronic headaches (cyclical); brain fog
- Restlessness, anxiety, insomnia; sensation of "possession" ("I want my life back")
- Griny and stubborn tongue coating; weak (yet occasionally aggravated or tight) pulse

**TYPICAL APPLICATIONS:**
- Lyme disease, babesiosis, Rocky Mountain fever; malaria, Dengue fever
- Chronic coxsackie virus, meningitis, encephalitis; rabies, listeriosis
- Herpes, shingles, CMV; chronic/recalcitrant skin problems that worsen with stress
- Fibromyalgia, chronic fatigue syndrome
- Chronic viral malaise after prolonged cold/bronchitis (incl. viral myocarditis)

**ALTERNATE/DIFFERENTIATE:**
- Alternate with Thunder Pearls (Lightning Pearls 3 weeks, Thunder Pearls 1 week)
- For “Abdominal Gu Syndrome” (chronic intestinal parasites), primarily use Thunder Pearls (Thunder Pearls 3 weeks, Lightning Pearls 1 week)
- For prevention during travel to malaria and parasite-prone areas, use Lightning Pearls 1x/day, Thunder Pearls 1x/day

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**Dragon Pearls**

**Linglong Shagui Dan**

A formula for anti-biotic and anti-viral uses.

Qingdai, Haigefen, Yinchenhao, Zhizi, (cooked) Dahuang, Huangqin, Huanglian, Caowu, Shengjiang, Gancao, Guiljanyu
Dragon Pearls cont.

**THERAPEUTIC PRINCIPLES:**
- Clear toxic heat in acute cases of aggressive inflammation
- Transform damp heat and toxic phlegm
- Reduce fevers and cyclical spikes in temperature
- Alleviate pain by dispelling wind damp and opening blocked collaterals

**INDICATIONS:**
- Acute pain in joints and/or connective tissue
- Stinging pain in urethra and/or lower back
- Fever, pus, skin lesions
- Jaundice

**TYPICAL APPLICATIONS:**
- Lyme disease (borreliosis) and other spirochetal infections
- Malaria, Dengue Fever and other infections by tropical pathogens
- Amoebic dysentery and other protozoan infections
- Infections by streptococci, staphylococci and other bacteria
- Acute kidney infection (pyelonephritis); acute bladder infection
- Hepatitis A

**DIFFERENTIATE:**
- For acute stages of Lyme disease or other infections of the nervous system, combine with Lightning Pearls
- For acute stages of amoebic dysentery or other infections of the intestinal tract, combine with Thunder Pearls
- For acute stage of hepatitis (accompanied by jaundice), combine with Ease Pearls
- For acute strep. or staph. infections affecting the sinuses, combine with Golden Pearls
- For acute strep. infections affecting the tonsils, combine with Perilla Pearls
- For acute stages of inflammatory types of joint/muscle pain, combine with Bamboo Pearls

**Supporting Pearls I**

- Earth Pearls
- Ginkgo Pearls
- Bamboo Pearls
Supporting Pearls II
(“recharging of battery” with aconite)

- Vitality Pearls
- Peace Pearls
- Tiger Pearls
- Sugar Pearls
- Moon Pearls

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