LIFE RISING HERBAL FORMULAS
Traditional Chinese Medicine Dietary Supplements

Gallbladder Regulator — WDT

INDICATIONS: Dizziness, especially when head is turned, insomnia or difficulty falling asleep, bitter or no taste.

ACTIONS: Warm and Slightly Cool.

INDICATIONS: Clears mucus, phlegm, and Heat that rise up with rebellious , ascending Qi, regulates Gallbladder and Stomach Qi and functioning.

INGREDIENTS: Pinellia Rhizome, Tangerine Rind, Poria, Immature Bitter Orange, Prepared Licorice Root, Ginger Rhizome, Bamboo Shavings, Jujube Fruit.

Side Head Relief — TT

INDICATIONS: Headache at side of head, migraine, headache behind eyes, tension headache.

PROPERTIES: Slightly Cool.

ACTIONS: Pacifies and regulates Liver Qi, resolves Blood stagnation, clears Wind, relieves spasms.

INGREDIENTS: Sichuan Lovage Rhizome, Dong-Quai Root Tail, Gambir Vine, Gastrodia Rhizome, Chinese Thoroughwax Root, Earthworm.

Traditional Chinese Medicine
PERSPECTIVE ON ANXIETY/IRRITABILITY

According to TCM, anxiety and irritability are signs and manifestations of a disturbance of Shen or the disharmony of Heart Yang and Yin. Underlying conditions mainly include overactive Yang with excessive Heat and Fire, and deficient Yin and Blood.

The first condition is caused by things like emotional upset, stress, anger, unhealthy diet, poor digestion, use of drugs, etc.. Causes of the second condition are things like too much worry and thinking, lack of sleep and rest, poor nutrition, use of drugs, etc..

Principles of treatment mainly include clearing excess Heat or Fire, nourishing or tonifying Yin and Blood, harmonizing Heart Yin and Yang, and calming the Shen.

Note: Words that are capitalized refer to terms used in TCM that may vary from commonly-used definitions or understanding.

Traditional Chinese Medicine
TERMS& DEFINITIONS

SHEN

In TCM, Shen controls mental activities and functions such as consciousness, emotion, spirit, will, thought, memory, etc.. Shen originates in the prenatal and genetical Qi and essences, and is hosted in the Heart. Shen must be continuously supported and noursihed by postnatal Qi, as well as by Blood, Jin-Ye (body fluids), and Essence. Shen belongs to the category of Yang, while all of the nutritional substances belong to that of Yin. Yin and Yang must always stay balanced and keep in harmony, otherwise Shen will suffer. The main causes of Shen problems are overactive Yang, deficient Yin, or both.

LIVER

The Liver stores Blood, governs "free-coursing" of Qi, and controls the tendons or sinews. Free-coursing refers to the movement of Qi and, therefore, also of Blood, which is closely related to Qi. The movement of Qi is involved in mental and emotional functioning, and in the secretion and discharge of bile. When the body is in action, more Blood is released from the Liver to flow through the body. When the body is at rest, Blood is stored in the Liver.

Liver Qi actually accomplishes the regulatory functions performed by the Liver, and is also responsible for the proper ascending, regulating, dispersing, and harmony of all of the Qi of the body, including the Qi involved in emotional responses. Sudden, extreme, or prolonged emotional stress affects the free flow of Liver Qi, causing Liver Qi stagnation, blockage, or excessive uprising. Hyperactive Liver Qi leads to irritability, anger, insomnia or disturbing dreams, headache, eye disorders, dizziness, tinnitus, or deafness.

The Liver's state of well-being can be detected from moods and emotions, as well as the moisture and luster of the nails, the smooth, strong movement of the limbs, and from the state of vision by the eyes, which also depend on the Liver for proper nourishment. Dull nails, tremors in the limbs, numbness, pain or difficulty in flexing or extending the limbs, dryness of the eyes, blurred vision, or night-blindness, anxiety, anger, or depression—all may indicate Liver problems.

LIFE RISING CORPORATION
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LIFE RISING HERBAL FORMULAS
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Anxiety/Irritabilit
TCM FORMULA SELECTION GUI

GH	**Regulate Liver**
Y-JXY	**Liver Regulator-2**
GMD	**Licorice, Wheat & Date**
GPT	**Spleen Support-GPT**
SHM-MF	**Spleen Regulator**
G-LF	**Circulation Maintenance**
GW	**Liver & Stomach Regulator**
WDT	**Gallbladder Regulator**
TT	**Side Head Relief**

For thousands of years, herbal formulas have been relie on in China for health and well-being.

Now you, too, can enjoy the benefits of authentic Chinese herbal formulas, thanks to the LIFE RISING® line of Traditional Chinese Medicine Herbal supplement

USE UNDER COMPETENT DIRECTION. SEEK PROMPT MEDICAL ATTENTION IF EXPERIENCE ANY ALLERGIC OR OTHER ADVERSE REACTIONS.

The statements presented in this brochure have not been evaluated b the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

LIFE RISING HERBAL FORMULAS
Traditional Chinese Medicine Dietary Supplements

TCM FORMULAS FOR

Anxiety/Irritability

LIFE RISING® PRODUCT SELECTION GUIDE

Main Symptom(s)	Key Formula
ANXIETY/IRRITABILITY w/wo ANGER, INSOMNIA, HYPERTENSION, DIZZINESS, or HEADACHE	**GH**
Any Two or More Formulas May Be Taken Together as Needed.	***Use Key Formula Together With***
MAIN SYMPTOM(S) ABOVE + DEPRESSION	**Y-JXY**
MAIN SYMPTOM(S) ABOVE + SADNESS/CRYING	**GMD**
MAIN SYMPTOM(S) ABOVE + SADNESS CRYING + FATIGUE	**GPT**
MAIN SYMPTOM(S) ABOVE + INSOMNIA + DIFFICULTY FALLING ASLEEP *Use with or instead of Key Formula:*	**SHM-MF**
MAIN SYMPTOM(S) ABOVE + HYPERTENSION w/wo ANGER *Use with or instead of Key Formula:*	**G-LF**
MAIN SYMPTOM(S) ABOVE + STOMACH ACID w/wo HEARTBURN w/wo REGURGITATION w/wo BELCHING w/wo ACID REFLUX	**GW**
MAIN SYMPTOM(S) ABOVE + DIZZINESS WHEN HEAD IS TURNED	**WDT**
MAIN SYMPTOM(S) ABOVE + SIDE HEADACHE w/wo MIGRAINE	**TT**

Regulate Liver — GH

INDICATIONS: Anxiety, irritability, anger, headache, hypertension, difficulty falling asleep.

PROPERTIES: Very Cold.

ACTIONS: Clears Heat from Liver and Gallbladder channels and areas, also clears Heat generally.

INGREDIENTS: Gardenia Fruit, Scabrous Gentian Root, Chinese Goldthread Rhizome, Baikal Skullcap Root, Chinese Thoroughwax Root, Dong-Quai Root.

Liver Regulator-2 — Y-JXY

INDICATIONS: Depression, anxiety, irritability, insomnia, side headache, fatigue.

PROPERTIES: Cool.

ACTIONS: Resolves Liver and Blood Stagnation, regulates and harmonizes Liver and Spleen functions.

INGREDIENTS: Chinese Thoroughwax Root, Dong-Quai Root, Red Peony Root, Atractylodes Rhizome, Poria, Tree Peony Bark, Gardenia Fruit, Safflower, Peach Seed.

Licorice, Wheat & Date — GMD

INDICATIONS: Sadness or crying spells.

SECONDARY INDICATIONS: Depression, impatience, insomnia, frequent yawning, abnormal talking or other activity.

PROPERTIES: Neutral.

ACTIONS: Nourishes Heart and Spleen Yin, calms and smoothes emotions and spirit, eases tension, harmonizes Middle Burner.

INGREDIENTS: Chinese Licorice Root, Wheat, Jujube Fruit.

Spleen Support-GPT — GPT

INDICATIONS: Depression, sadness, crying, especially with fatigue.

SECONDARY INDICATIONS: Insomnia, especially waking up too early, palpitation.

PROPERTIES: Warm, Tonifying.

ACTIONS: Replenishes Spleen and Heart, Tonifies Qi & Blood.

INGREDIENTS: Atractylodes Rhizome, Poria, Astragalus Root, Longan Aril, Jujube Seed, Ginseng Root, Costus Root, Chinese Licorice Root, Dong-Quai Root, Polygala Root, Ginger Rhizonme, Jujube Fruit.

Spleen Regulator — SHM-MF

INDICATIONS: Insomnia marked by restlessness, irritability, and difficulty falling asleep.

SECONDARY INDICATIONS: Anxiety, anger, dizziness, and headache.

PROPERTIES: Cold.

ACTIONS: Suppresses overactive Yang to eliminate Liver Fire, disperses Liver Qi stagnation, removes phlegm and mucus.

INGREDIENTS: Chinese Thoroughwax Root, Immature Tangerine Rind, Bamboo Shavings, Mother-of-Pearl, Scabrous Gentian Root, Fo-Ti Stem, Heal-All Spike.

Circulation Maintenance — G-LF

INDICATIONS: Hypertension, anxiety, and anger.

SECONDARY INDICATIONS: Spacy feeling, light-headedness, flushed face, red eyes, hot flushing, frequent sweating, headache, or high cholesterol.

PROPERTIES: Cold.

ACTIONS: Clears Liver Fire, cools Blood, redirects uprising Qi and Fire.

INGREDIENTS: Scabrous Gentian Root, Gardenia Fruit, Baikal Skullcap Root, Chinese Thoroughwax Root, Heal-All Spike, Sicklepod Seed, Lycium Bark.

Liver & Stomach Regulator — GW

INDICATIONS: Acid reflux, stomach acid, heartburn, belching, regurgitation.

PROPERTIES: Cool.

ACTIONS: Balances Liver and Stomach functions, clears Liver Fire, smoothes and redirects uprising Liver and Stomach Qi, clears mucus.

INGREDIENTS: Chinese Goldthread Rhizome, Evodia Fruit, Nut Grass Rhizome, Herbal Ferment.