While there are many causes of depression, it is generally agreed that not all depression is caused by emotional conflict. Vitamin and nutritional deficiencies, low blood sugar, low thyroid function and medications can all effect changes in brain chemistry that produce symptoms of sadness, loss of motivation, crying spells, insomnia, fatigue and exhaustion.

The Chinese refer to “depression” as a loss of spiritual vitality that effects the Lungs, the Heart and the Triple Warmer (responsible for digestion). Their answer, as with many symptoms, is to increase the energy of the body and enhance the harmony of key organ systems.

Jubilee™ incorporates St. John’s Wort, today’s number one treatment for depression in Germany, in a formula that improves the quality of blood and blood flow and balances the entire body according to TCM. Ginkgo biloba, Horney Goat Weed and Magic Fruit balance and enhance the St. John’s Wort effect. Schisandra, Chinese Knotweed, Astragalus, Lycium and Bupleurum with Magic Fruit balance the entire body.

In clinical studies, the effects of standardized St. John’s Wort taken alone show that improvement comes after six weeks of use. However, Jubilee Tea Concentrate gives noticeable mood elevation in just 20 minutes! As such, this extraordinary tea concentrate can deliver benefits to those suffering from “a bad day”, as well as those battling long episodes of depression. A balanced formula also means that there are no contraindications as might be indicated from the use of a single herb.

#282 2 FL. OZ. (60 Servings)

How can I use Jubilee™ Tea Concentrate to replace a mood enhancing prescription drug?
As with any medication, it is advisable for you to work with your medical practitioner. Medications often can result in side effects that you should report to your doctor at once. Because Jubilee™ is a dietary supplement, it will not interfere with your drug treatment, but may allow you, when working with your physician, to lower your dose or discontinue your medication, thus avoiding more toxic side effects. Clinical depression is a serious condition and any variation of treatment should always be done with the advise and assistance of your medical practitioner. Technical Bulletins are available to all practitioners through New Spirit’s Corporate Office.

**DOCUMENTATION OF INDIVIDUAL HERBS**

**St. John’s Wort**  
*(Hypericum perforatum)*

**Effects:** Antiinflammatory, astringent, sedative, antidepressant, vulnerary, antibacterial, antiviral  
**Indications:** Neuralgia, anxiety, depression, opausal irritability and anxiety, neuralgic pain, fibrositis, sciatica, rheumatic pain.  
**Remarks:** Tea as folk remedy for bladder ailments, depression, dysentery, diarrhea, and worms. Recent studies (1988) have found that Hypericin and psudohypericic have potent anti-retroviral activity without serious side effects. Being researched for AIDS treatment.

**Ginkgo biloba**  
*Organ Affinity:* Lungs, Kidneys and Heart  
**Effects:** Improves memory, increases and improves blood circulation; stabilizes neural and muscular membranes; removes toxic metabolites; normalizes transmitter concentrations; and maintains appropriate levels of important electrolytes.  
**Indications:** Cerebral edema; blood platelet aggregation; aging process; high blood pressure; memory problems.  
**Remarks:** Excellent for reduction of dangerous blood clotting, flavonoids of ginkgo, including quercetin, are potent oxygen scavengers. Improves circulation, thus fighting the aging process.

**Horny Goat Weed**  
*(Epimedium Sagittatum)*

**Organ Affinity:** Liver, Kidneys  
**Effects:** Tonic to Kidney-Yang; eliminates wind-damp ailments (rheumatic) aphrodisiac  
**Indications:** Kidney-Yang deficiency impotence, spermatorrhea, premature ejaculation, lumbago, cold hands and feet, fears of cold, rheumatic discomforts of wind-damp excess, spasms, numbness  
**Remarks:** Dilates the capillaries and large blood vessels, lowers blood pressure. Enhances secrerory glands, improves the immune system.
**He Sho Wu**  
*(Polygoni multiflori)*  
**Organ Affinity:** Liver and Kidneys  
**Effects:** Tonic to liver and kidney; nourishes blood and semen, demulcent laxative, anti-dote.  
**Indication:** Blood deficiency; sallow complexion; dizziness, insomnia, premature graying of hair, kidney deficiency, lumbago, weak bone, sinew and cartilage, swelling of lymph glands abscessed and ulcers  
**Remarks:** Sexual tonic and energy builder, reduces signs of aging. Improves quality of blood, hair and teeth. Promotes longevity. Good for high blood pressure and hardening of the arteries and veins.

**Schisandra**  
*(Schisandra chinensis)*  
**Organ Affinity:** Lungs, Kidney, Liver, Heart  
**Effects:** Astringent; tonic to kidneys; demulcent; anti diarrhetic; antitussive.  
**Indications:** Chronic coughs; asthma; thirst; profuse perspiration due to empty ailements; spermatorrhoea; nocturnal emissions; profuse and frequent urination; chronic diarrhea.  
**Remarks:** It is both an astringent and demulcent. Excellent fluid balancer. Beautifies the skin. Strengthens liver function and immune system.

Containing Schinazdrin, Schisanhelno, Gomisin A, B, C, J, etc. Schinazdrin is a hepatoprotective agent to improve the liver function of patients with hepatitis or under chemotherapy, anticancer activity. Schisanhelno is a potent antioxidant, inhibits the peroxidative damage of brain mitochondria and membrane in animal models, protective action against oxidative stress. Gomisin A has inhibitory effect on hepatocarcinogenesis, stimulates liver regeneration after partial hepatectomy. Gomisin J has anti-HIV activity through inhibition of HIV RT. Gomisin C has inhibitory effect on respiratory burst of rat neutrophils in vitro.

**Chinese Knotweed**  
*(Polygonum cuspidatum)*  
**Organ Affinity:** Kidney  
**Traditional use in Chinese Medicine:** Tonic to kidneys, kidney deficiency: lumbago, weak bone, constipation due to dry intestine, swelling of lymph glands, abscessed and ulcers, analgesic. Expels damp-wind, moist, eases blood flow (Menstrual disorders), candida, sore throat, cough, and clears phlegm.  
**Remarks:** Antiinflammatory (arthritis), anti-bronchitis, fever due to lung infection, antimicrobial, and antiviral.  
**Recent scientific findings:** Polydatin thins blood, inhibits effect of platelet aggregating, reduces effect on arterial thrombosis, prevents endotoxin-induced acute lung injury, enhances antioxidation, and protects against multiple organ failure. Anthraguinones (emodin, danthron, physcion and rhein) are active antiinflammatory compounds against arthritis and antimicrobial activity.

**Astragalus**  
*(Radix astragali)*  
**Organ Affinity:** Spleen, Lungs  
**Effects:** Tonifies; diuretic, impedes perspiration, promotes suppression of abscess.  
**Indications:** Energy deficiency, fatigue, prolated rectum, womb, or other organs, profuse sweating due to external empty ailements; stubborn abscess; facial swelling; diabetes.  
**Remarks:** Used as a cardiotonic, lowers blood pressure and blood sugar; improves circulation in flesh and skin. Strengthens immune system by stimulating white cell activity and production of interferon. Chinese herbalists use it to improve digestion and metabolism.

**Lycium Barbarum**  
*(Radix lycii)*  
**Organ Affinity:** Liver, Kidneys  
**Effects:** Tonic to liver and kidneys, nourishes semen, improves vision.  
**Indication:** Liver yin deficiency, blurry vision, dizziness, headaches, kidney yin deficiency: spermatorrhoea, lumbago  
**Remarks:** Astringent; tonic to kidneys; demulcent laxative, antidote.  
**Indications:** Menstrual disorders; dysmenorrhea, amenorrhagia, anemia, blood deficiency; painful scarring in traumatic injuries, postnatal abdominal pain; rheumatic pains.  
**Remarks:** Best herb for menstrual disorders. Strengthens female reproductive organs and regulates hormonal levels. Also, used as a liver remedy, circulatory stimulant and blood fortifier. Also, eases the effects of menopause.

**Rehmanna**  
*(Schisandra chinensis)*  
**Organ Affinity:** Heart, Small Intestine, Liver, Kidneys  
**Effects:** Antipyretic, cools and tonifies the blood, kidney and cardiotonic, demulcent, hemostatic, diuretic.  
**Indications:** Body heat and heat rash due to internal heat excess, yin deficiency due to heat injuries, diabetes.

**Lo Han Kuo**  
*(Cucurbitaceae fruit - Momordica grosvenorii)*  
**Organ Affinity:** Spleen, Liver  
**Effects:** Antipyretic; moist; calming; and relaxing.  
**Indications:** Digestive tract problems; sore throats, coughs, headache, and tension.  
**Remarks:** Effective for elimination of constipation, diarrhea, or other digestive problems; relaxes digestive tract. Relates to tension and helps reduce headaches.

**Selected References For Mood-Enhancer With St. John’s Wort**

**ST. JOHN’S WORT**

**GINKO BILOBA**

HORNY GOAT WEED

HE SHO WU

SCHISANDRA

ASTRALUSAL

LYCIIUM BARBARUM

CHINESE KNOTWEED

REHMANNIA

LO HAN KUO
1. Lee C. Intense sweetener from Lo Han Kuo (Momordica grosvenori). Experientia 1975 May 15; 31 (5) :533-4