

**Increases blood flow to the genital area (Yang), which improves sexual energy for men. An herbal substitute for Viagra. Take this highly effective formula when you encounter impotence and low kidney energy, including low back pain and fatigue. Horny Goat Weed lowers blood pressure by dilating capillaries and blood vessels while nurturing the kidneys. Dong Quai nourishes the blood and, in combination with Knotweed and Cayenne Pepper, improves blood flow. Panax Ginseng and Licorice promote Qi circulation. This well balanced formula nourishes both yin and yang and improves both Blood and Qi, as well as helping the immune system and balancing hormones in the body.**

## **Technical Reference Bulletin**

*The information in this article is not intended as medical advise, but only as a guide in working with your health care professional.*

### **Vitality (Yang) Tea<sup>tm</sup>**

#### **DOCUMENTATION OF INDIVIDUAL HERBS**

##### **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.

##### **Dong Quai** (Angelica sinensis)

Organ Affinity: Liver & Spleen

Effects: Tonic to blood; emmenagogue; promotes circulation; analgesic, sedative, laxative.

Indications: Menstrual disorders; dysmenorrhoea, menorrhagia, amenorrhoea, 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. Eases the effects of menopause.

##### **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, abscesses and ulcers, analgesic. Expels "damp-wind", moist, eases blood flow (menstrual disorders), candida, sore throat, cough, and clear phlegm.

**Remarks:** Anti-inflammatory (arthritis), anti- bronchitis, fever due to lung infection, anti microbial and anti-viral.

**Recent scientific findings:** Polydatin thins blood, inhibits effect of platelet aggregation, reducing effect on arterial thrombosis, prevents endotoxin-induced acute lung injury, enhances antioxidant and protects against multiple organ failure. Anthraquinones (emodin, danthron, physcion and rhein) are active anti-inflammatory compounds against arthritis and anti-microbial activity.

### **Panax Ginseng**

**Organ Affinity:** Spleen, Lungs

**Effects:** Boosts energy, immunity and sexuality; strengthens male reproductive organs, adrenal glands; improves the body's ability to handle stress.

**Indications:** Energy deficiency, weak pulse; asthma due to "empty" lungs; diabetes, heart palpitations, lack of appetite.

**Remarks:** Regulates blood pressure and blood sugar, promotes secretions of sexual hormones in men and women and promotes blood production.

### **Yobimbe**

**Organ Affinity:** Kidney, Heart

**Effects:** Increases the blood flow to sexual organ.

**Indications:** Kidney deficiency.

**Remarks:** Difficulty in getting and maintaining an erection.

### **Chinese Licorice** (Radix Glyrrhizae)

**Organ Affinity:** Enters all 12 meridians & Organs

**Effects:** Tonic; antipyretic, antidote; demulcent to lungs; expectorant; analgesic. Indications: "Empty" spleen and stomach; blood and energy deficiency; toxic excess; swollen and sore throat; coughs; asthma; acute abdominal pains.

**Remarks:** Most common Chinese herb. Has benefits for all organs; good taste; slows and prolongs the effects of the strong tonic prescriptions; emollient in peptic ulcers.

### **Lo Han Kuo Magic Fruit** (Cucurbitaceae fruit)

**Organ Affinity:** Spleen & Lungs

**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 and, thus, relieves tension and helps to reduce headaches.

## Selected References For **Vitality (Yang) Tea** <sup>TM</sup>

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