

TOP 10

POWERFUL HERBS FOR ANTI-AGING

REMEDY

ANCIENT MEDICINE FOR
MODERN ILLNESS

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What is Anti-Aging?

In essence, this is the elusive holy grail of medicine. For centuries, our ancestors explored ways to extend and prolong life. They sought immortality.

When immortals are portrayed in cinema or literature, they have a quality of ageless beauty. The life force within them radiates like the sun, and their skin glows. Their eyes are shiny and clear. Their movements are graceful and smooth. They are immune to the health hazards that mortals perilously succumb to every day. Their minds are sharp, and when they speak, you can sense the deep contemplation as they articulate themselves brilliantly and succinctly.

Let's Talk About Aging (from the mindset of our ancestors)

If aging can be described as the weakening and ultimate deterioration of the body, anti-aging implies direct prevention of this process. So, anti-aging is the slowing and stopping of this catabolic, or breaking down, process.

According to Dr. Li Xin Zhang, a master of Traditional Chinese Medicine featured in our upcoming **Remedy Docuseries**, the concept of aging is related to kidney energetics.

Kidneys – Foundation for all Yin & Yang in the Body

To Daoist priest-physicians in China, the kidneys govern birth, growth, reproduction, and development. Often called the “Root of Life,” the kidneys are our warehouses of Jing.

What is Jing?

Jing is our essence. It is the basis for our constitutional state of being. It is our genetic inheritance from our biological parents. It is the foundational “stuff” that forms us. Our essence directs how we will mature from conception to aging and to death (the separation of Yin and Yang).

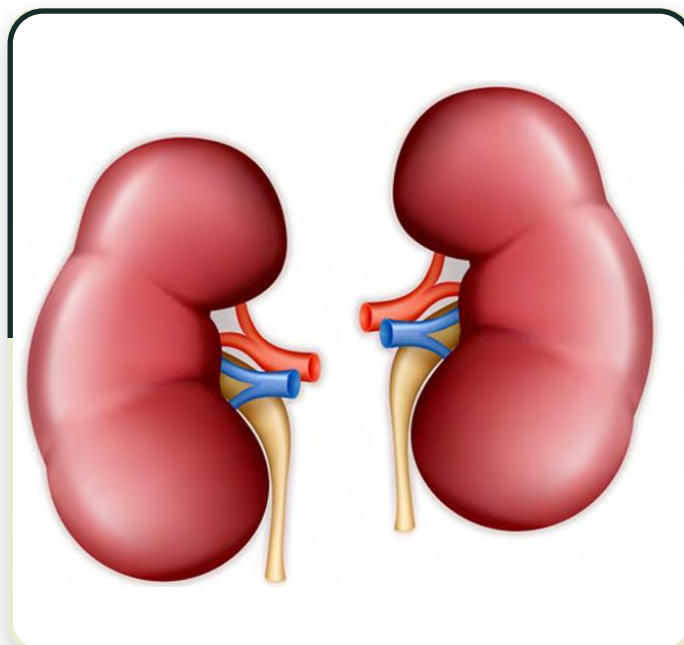
At birth, our personal Yin and Yang unite. At death, our Yin and Yang separate. Our kidney essence binds these together. As our Jing is depleted, we age. Once it is fully depleted, we no longer inhabit the vessels we call a body.

Our Jing is what creates our bodies, it is the manufacturer of these earth suits or the foundation of the temple that we dwell in.

In short, our essence is the glue that keeps our consciousness attached to our physical body.

Following all this ancient wisdom, we can say that anti-aging is related to preserving and conserving our Jing.

Dr. Li Xin Zhang also states that our blood system is related to aging. In Daoist energetic physiology, Jing and blood transform into one another. Of the practices to cultivate Jing, one can change their blood into Jing, and vice versa. (Those are deep and esoteric practices requiring extended training to even begin to explore that.)



If blood is not nourishing our body, the nutrients we need to build and replenish will not be delivered to where they need to go.

Think of it this way. You are at home completing a project and you need a tool to finish. So, you order it and wait for it to be delivered. Until it arrives, the project is in stasis. What if it is delivered to the wrong address? If you do not get what you need, where it is needed, not much happens.

The blood system is the transportation highway that brings in the good stuff and removes the bad stuff (e.g. toxins and impurities).

Blood delivers all the necessary materials to the right place.

We must feed our blood. The only way it can deliver the things we need, is if we feed it too.

How to Cultivate our Jing Gardens

Since Jing is intimately part of kidney energy, we begin there. The Daoists, Vedics, Amazonians, and other indigenous wisdom-keepers all developed methods to extend human lifespan.

One common thread is the partnership with plants. We already know this, plants are here to help us!

Anti-Aging Herbs are Aphrodisiacs & “Beauty” Herbs

The herbs that we are about to detail have anti-aging properties. The other effects of these herbs include enhanced sexual capacity and beautification of the body.

Kidney energy is sexual energy. Remember I said earlier, the kidneys govern many things, one of which is reproduction (i.e. sexual function). By natural design, we are created through sexual alchemy.

At conception, our unique Yin and Yang signature is created from our parent's sexual energy.

What happens at the moment of conception? A single egg and single sperm cell are united. In Western science, we say a spermatocyte fertilizes an oocyte. Literally, Yin and Yang unite.

Dr. Freud described libido and Dr. Mesmer described animal magnetism as the natural force of all animate life.

To our ancient ancestors, sexual energy is the creative and expressive energies.



It is how we show ourselves in the world. It is the fire that stoked Einstein's genius. It is the passion for the construction of the world's many monuments, ancient and new. It is the fuel for all of life, in other words, creation.

Sexual energy is literally the stuff that we are built of, and it is the force that guides us to continue to build and create.

Creation is essentially expression. An artist may say no words and let their creation, their art, speak for them.

You are alchemical art. You are a creation of expression.

So, the anti-aging herbs are aphrodisiacs. They rekindle or reignite your sexual energy, in all ways ...

What is a Beauty Herb?

"Brightens the eyes." "Softens the skin." "Makes the body light and vital." These are all ancient expressions of beauty.

There is plenty of modern science of why humans, generally, are attracted to symmetrical, colorful objects, "bright and shiny" things. We are hardwired to spot sexy things.



References:

"Why Face Symmetry is Sexy Across Cultures and Species"
<https://www.sciencedaily.com/releases/2008/05/080507083952.htm>

"Facial Attractiveness: Evolutionary Based Research"
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3130383/>

In this way, beauty corresponds to fertility. Would you walk up to a person and ask about their sperm count and motility? How about asking that human over there about the health of their ovaries?

To avoid the social awkwardness, we developed ways to identify a suitable mate. There is a lot more to it than we can give reverence and respect to here, but it's fair to say we use exterior cues to give us insights about the interior.

The ancient saying, "As above, so below," speaks not only to the constellations and our acupuncture meridian system, but also to the

surface of a body speaking about what's inside that body.

Anti-aging is as much about what is going on inside, but it is presented on the outside.

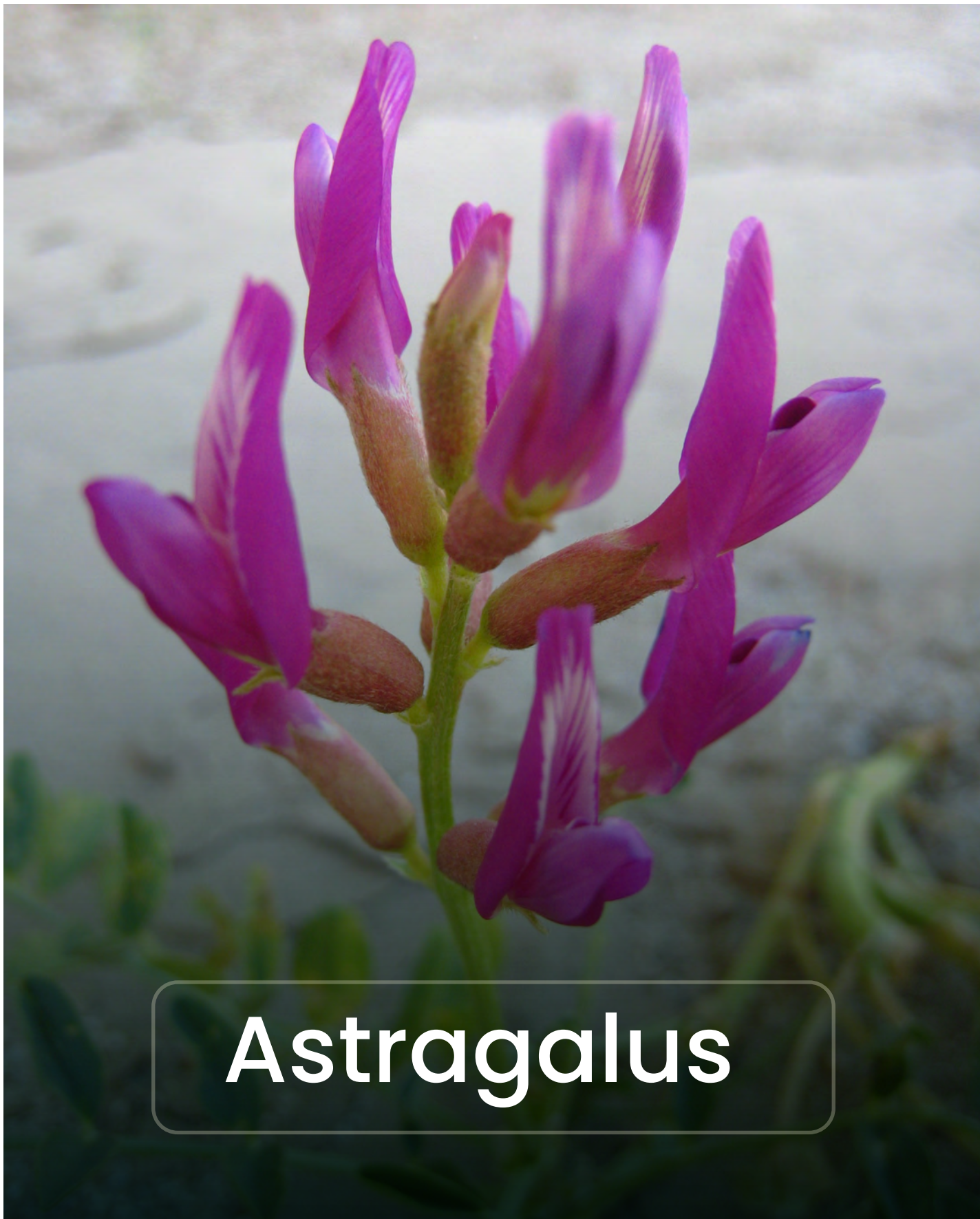
Go back to that image of an immortal - that ageless beauty. Well, they also have excellent digestion, powerful cognition, extraordinary immunity, and overall awesome physiological inner workings.

That is what these herbs do, get you right on the inside to be bright on the outside. What some Daoist herbalists call, "Radiant Health."

Benefits of These Herbs:

- Telomere lengthening and preservation
- Protects DNA for optimal genetic expression
- Adaptogenic properties
- Rectifies the gut and restores balance to the microbiome
- Brightens the skin and enhances complexion to healthy, radiant glow
- Lightens the body and naturally augments body composition (brings size to balance whether overweight or underweight)
- Benefits blood and improves the quality and circulation of all bodily fluids ... blood, cerebrospinal, sexual
- Increases connection to the Divine & Cosmos
- Amplifies spiritual abilities
- Elevates cellular processes by increasing mitochondrial density, microcirculation, respiration (detoxification)





Astragalus



Herb:

Astragalus

Latin Name
**Astragalus
membranaceus**

Other Name(s)
**Huang Qi (TCM),
milk-vetch root**

Quick Description:

Follow the “Yellow Leader” on the road to superior wellness. Protection from your genes to your spleen, and everything in between.

Ancient Wisdom:

Raises Yang Qi, tonifies spleen and lung Qi, augments protective Qi, stabilizes exterior, stops sweating, facilitates urination, regenerates flesh.

Modern Understanding & Uses:

- Boosts immunity to resist cold & flu, bronchitis, mononucleosis, and pneumonia.⁽²⁾
- Known hepatoprotective and nephroprotective qualities, meaning it acts as a shield for the liver and kidneys.⁽²⁾
- Astragalosides found in this botanical are similar to the saponins in ginseng. These saponins display a dual-directional effect on the immune system and acts as a modulating factor.⁽³⁾
- The astragalosides also have a high anti-oxidant value, hundreds of times greater than vitamin E, and hepatoprotective qualities.⁽³⁾
- Astragalus shows enhanced telomerase activity, indicating that it halts the shortening of telomeres. Telomere shortening is thought to be a major factor of aging. TA-65 is a specific compound naturally occurring in Astragalus that seems to be mainly responsible for this telomerase action.⁽⁴⁾

Traditional Application:

- Treats recovery from severe blood loss (postpartum), lack of appetite, fatigue, diarrhea, frequent colds, edema from deficiency, chronic ulcerations and sores.

Dosing Recommendations:

Traditional: 9–15g, up to 30g

Special Notes:

- Stop taking if acutely sick. It shall strengthen the pathogen.
- The unprepared form tends towards the exterior level (stabilizes protective Qi to stop sweating, discharge pus from sores and boils), while the prepared form tends towards the interior (tonifying Qi and raising Yang). The honey-fried version is especially nourishing.⁽¹⁾

References:

- (1) Bensky, Dan. Chinese Herbal Medicine: Materia Medica, 3rd Edition
- (2) Winston, David. Adaptogens: Herbs for Strength, Stamina, and Stress Relief.
- (3) Teeguarden, Ron. Radiant Health: The Ancient Wisdom of the Chinese Tonic Herbs.
- (4) <https://www.scientificamerican.com/article/anti-aging-pill-targets-telomeres/>

Extra Resources:

<http://prettyinprimal.blogspot.com/2011/06/these-are-few-of-my-favorite-herbs.html>
<http://www.lifechangehealthinstitute.ie/product/organic-astragalus/>





Ashwagandha



Herb:

Ashwagandha

Latin Name

**Withania
somnifera**

Other Name(s)

**Winter cherry, Indian
ginseng, Asgandh (Hindi)**

Quick Description:

It's name translates to "Smelling like a horse." Gain the stamina and strength of a stallion. This nightshade is a true panacea that can treat what ails you, and take you beyond your current state to another level of health.

Ancient Wisdom:

Premier tonic, stabilizes mood, grounding and nourishing, improves memory and stamina, regulates sleep, stimulates the mind and prolongs life.

Modern Understanding & Uses:

- Rich in iron, Ashwagandha builds blood by enriching us with hemoglobin and improving red blood cell count.⁽¹⁾
- The iron richness also helps children grow and adults make more children.⁽³⁾
- This calming herb stimulates the endocrine system and is especially useful for regulating the thyroid in hypothyroidism.⁽²⁾
- Has been used clinically in India in cancer treatment to protect white blood cell count and inhibit tumor growth.⁽²⁾
- This botanical displays neuroprotective, anti-inflammatory, cytotoxic (kills "bad" cells), immunomodulating, chemopreventive and radiosensitizing effects.⁽³⁾
- It not only helps protect a person from the side effects of radiation therapy, but also augments that cancer treatment for enhanced benefits.⁽³⁾
- Benefits healthy cells and may inhibit the growth of lung, colon, breast, and central nervous system cancer cells.⁽³⁾

Traditional Application:

- Treats weakness of the body (general and sexual), memory loss, emaciation, insomnia, breathing problems, old age, malnutrition, infertility, and enhances recovery

Dosing Recommendations:

*Traditional: 1g as a daily tonic

*Take powdered herb with milk and molasses to replenish blood for iron-deficient anemia

Special Notes:

- A nightshade herb, related to tomatoes and potatoes
- Topically used as a local analgesic
- Caution during pregnancy

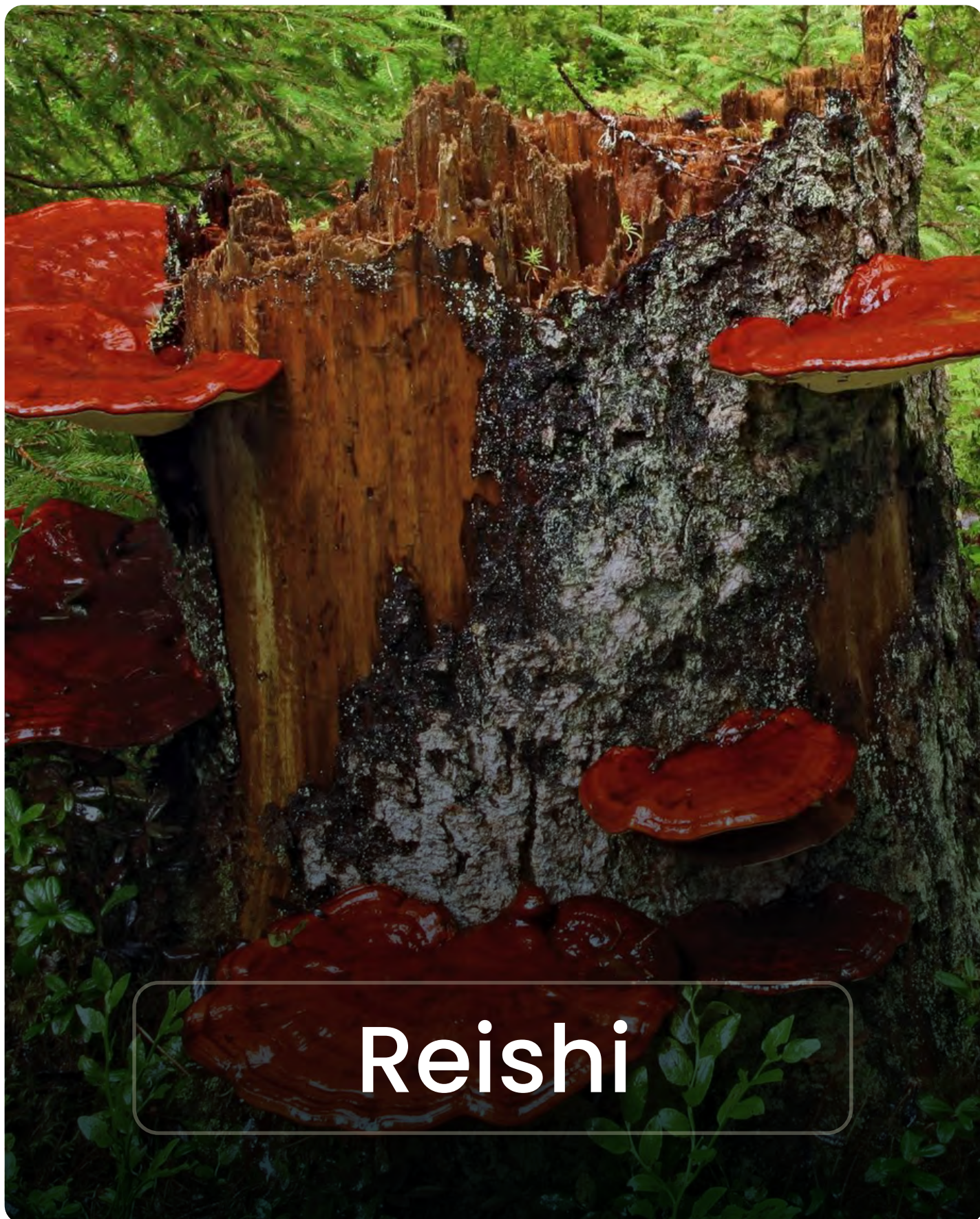
References:

- (1) Khalsa, KP Singh. The Way of Ayurvedic Herbs.
- (2) Winston, David. Adaptogens: Herbs for Strength, Stamina, and Stress Relief.
- (3) <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/ashwagandha>

Extra Resources:

<https://www.mskcc.org/cancer-care/integrative-medicine/herbs/ashwagandha>
<https://www.serenitybotanicals.com/products/ashwagandha-root-powder>





Reishi



Herb:

Reishi

Latin Name

**Ganoderma
lucidum**

(various species are used)

Other Name(s)

**Ling Zhi (TCM), Spirit Plant,
Mushroom of Immortality,
Supreme Protector, Food
of the Immortals.**

Quick Description:

The bright, shiny skin of this “Spirit Plant” is what immortals are said to live on. Great on the physical level and amazing for metaphysical levels of exploration. Keeps you grounded and protected while lifting you up when you need it most.

Ancient Wisdom:

Calms the spirit. Augments heart Qi, tonifies heart blood and lung Q. Transforms phlegm and stops cough. Prolongs life.⁽¹⁾

Modern Understanding & Uses:

- The main components researched in Reishi are triterpenes (ganoderic and ganoderenic acids), and polysaccharides (beta-glucans).
- The polysaccharides have shown to increase cancer- fighting compounds in the body (T-lymphocytes, interleukins).⁽²⁾
- Also reduces serum LDL and VLDL (the unhealthy lipids).⁽²⁾
- Known as an immunomodulator with dual-directional qualities to enhance or reduce immune functioning to normal levels specific to the body.⁽²⁾
- Studies have shown that Reishi extends lifespan in animal models.^(3,5)
- Animal studies have also shown that Reishi “reverses multiple aging-related changes” by effecting gene pathway expressions!⁽⁴⁾

Traditional Application:

- Treats insomnia, palpitations, coughing and wheezing from deficiency, poor digestion, and mental-emotional disturbances

Dosing Recommendations:

Traditional: 3-15g in decoctions, steep for 2-4 hours Modern: 0.5-2.5mL tincture

Special Notes:

- There are said to be six types of Ganoderma, with Wild Purple Reishi being the best!
- Not to be consumed raw, this woody-like fungus must be cooked to be bioavailable

References:

- (1) Bensky, Dan. Chinese Herbal Medicine: Materia Medica, 3rd Edition
- (2) Winston, David. Adaptogens: Herbs for Strength, Stamina, and Stress Relief.
- (3) https://faseb.onlinelibrary.wiley.com/doi/10.1096/fasebj.31.1_supplement.644.15
- (4) https://faseb.onlinelibrary.wiley.com/doi/10.1096/fasebj.28.1_supplement.373.6
- (5) https://faseb.onlinelibrary.wiley.com/doi/10.1096/fasebj.24.1_supplement.738.5

Extra Resources:

http://www.nationsonline.org/oneworld/Chinese_Customs/taoism.htm
<http://www.yourfusionhealth.com/tag/reishi/>





Dang Gui



Herb:

Dang Gui

Latin Name

**Angelica
sinensis**

Other Name(s)

**Dong Quai, Tang Kuei,
Chinese angelica root**

Quick Description:

This women's wonder herb is excellent for all genders. One of the best blood system herbs on the planet, but this botanical angel does so much more. Said to be an ancient beauty herb for royalty.

Ancient Wisdom:

Tonifies, invigorates, and harmonizes the blood, regulates menstruation, alleviates pain, disperses cold, stops pain, moistens the intestines, benefits the complexion and removes blemishes, detoxifies the body^(1,3)

Modern Understanding & Uses:

- Known estrogenic properties lending to its use as "Women's Ginseng."⁽²⁾
- Research of the polysaccharides in Dang Gui has yielded validation of what the ancients have said all along. The sugars in Chinese angelica root have a significant impact on its hematopoietic effect, or blood cell building.⁽⁴⁾
- The same polysaccharides that give Dang Gui its blood system effects also give it protective qualities to the heart against toxicity in animal studies.⁽⁵⁾
- Studies show that this botanical has anti-tumor, anti- metastatic, and pro-apoptotic activity making it a great additional therapy for cancer patients.⁽⁵⁾
- Displays angiogenic action, or the ability to form new blood vessels, again validating ancient wisdom on its blood system magic.⁽⁵⁾

Traditional Application:

- Treats numerous gynecological issues, tinnitus, blurred vision, palpitations, traumatic injury, irregular menstruation, dizziness

Dosing Recommendations:

Traditional: 4.5–15g Modern: 9–15 mL tincture⁽²⁾

Special Notes:

- A very significant herb during the postpartum period and is the premier botanical for gynecological disorders^(1,3)

References:

- (1) Bensky, Dan. Chinese Herbal Medicine: Materia Medica, 3rd Edition
- (2) <https://tangcenter-sites.uchicago.edu/sites/-tangcenter.uchicago.edu/files/uploads/otherherbs.pdf>
- (3) Teeguarden, Ron. Radiant Health: The Ancient Wisdom of the Chinese Tonic Herbs.
- (4) <https://www.sciencedirect.com/science/article/pii/S0301472X10001037>
- (5) <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/dong-quai>

Extra Resources:

<http://plumdragonherbs.com/product/dang-gui-angelica-root-whole-slices-chinese-herbs/>
<https://materiamedicaresource.wordpress.com/2013/08/11/dong-quai/>





Ho Shou Wu



Herb:

Ho Shou Wu (prepared)

Latin Name

**Polygonum
multiflorum
preparata**

Other Name(s)

**He Shou Wu (TCM),
Fo-Ti root, processed
fleeceflower root,
processed knotweed root,
Ye Jiao (TCM), Shou Wu**

Quick Description:

Legend has it that an old man fell into a deep pit and all there was to eat was Ho Shou Wu. He lived on the root for weeks and before he knew it, he looked and felt young again. His hair turned back to black, his teeth grew too, and so did his... ability to make babies.

Ancient Wisdom:

Nourishes blood and Yin, tonifies the kidneys and Liver, preserves the essence, strengthens the bones and sinews, and prolongs life.

Modern Understanding & Uses:

- Neuroprotective qualities to prevent beta-amyloid plaques associated with Alzheimer's and also exposure to toxic pesticides.⁽²⁾
- Stimulates liver and gallbladder functioning to improve cholesterol levels and aid in digestion through enhanced bile flow.⁽²⁾
- Enhances thyroid and adrenal hormone secretions and shown to extend the lifespan of various animals in clinical studies.⁽²⁾
- Displays the ability to promote sperm count and "make the ova more vital."⁽³⁾
- Studies show it enhances superoxide dismutase activity while reducing beta-monoamine oxidase activity, lending to its life-extending nature.⁽³⁾

Traditional Application:

- Treats premature graying of the hair, weakness of lower back and knees, dizziness, blurred vision, insomnia, loose teeth.⁽¹⁾
- Legends has it that if you consume a 300-year old root for one year, you shall become an immortal.⁽²⁾

Dosing Recommendations:

Traditional: 9–30g in decoction (do not cook in metal, including stainless steel.)

Special Notes:

- There is a prepared version and a raw form. Only take the prepared version for tonic use. The raw form has known hepatotoxicity at certain levels!
- Fo-Ti is a made up name from a traveling salesman.
- Can be used topically for acute injury⁽²⁾

References:

- (1) Bensky, Dan. Chinese Herbal Medicine: Materia Medica, 3rd Edition
 (2) Winston, David. Adaptogens: Herbs for Strength, Stamina, and Stress Relief.
 (3) Teeguarden, Ron. Radiant Health: The Ancient Wisdom of the Chinese Tonic Herbs.

Extra Resources:

<https://www.thealchemistskitchen.com/blogs/blog/four-fortifying-effects-of-the-legendary-herb-he-shou-wu>
<https://tcmwiki.com/wiki/he-shou-wu>





Rehmannia



Herb:

Rehmannia (prepared)

Latin Name

**Rehmannia
glutinosa
preparata**

Other Name(s)

**Shu Di Huang (TCM),
prepared Chinese
foxglove root**

Quick Description:

Called “the kidney’s own food,” so feed your body the good stuff. Excellent blood tonic that also fortifies Jing! Abundantly used in many traditional formulas that nourish kidney energies.

Ancient Wisdom:

Tonifies the blood, enriches Yin, generates essence, augments marrow, and prolongs life

Modern Understanding & Uses:

- The monoterpene iridoid glycosides of Rehmannia, such as catalpol, appear to stimulate adrenal cortical hormone production. These lend to sex hormone manufacture (especially androgen) and also have anti-inflammatory properties.⁽³⁾
- There is a surprising lack in the literature of active, in-depth research into this single herb. However, there are numerous studies on formulas with prepared Rehmannia as the chief herb.⁽³⁾

Traditional Application

- Treats dizziness, palpitations, insomnia, irregular menstruation, weak lower back and limbs, tinnitus, seminal emissions, loose teeth

Dosing Recommendations:

Traditional: 9–30g in decoction

Special Notes:

- Do not confuse with unprepared or raw Rehmannia!
- The prepared form is very sticky (cloying) and can lead to dampness and stagnation causing digestive irritation.^(1,3)

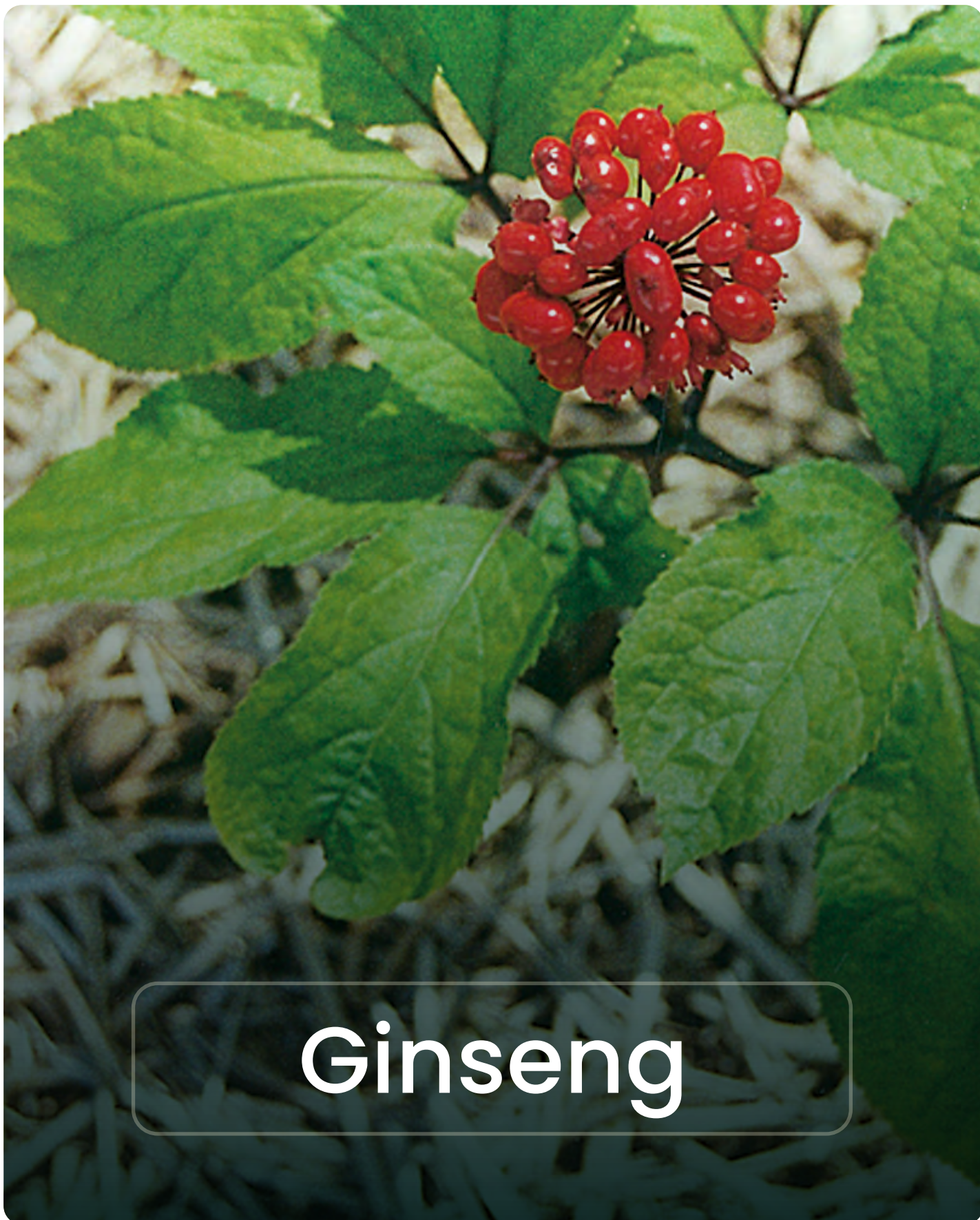
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- (1) Bensky, Dan. Chinese Herbal Medicine: Materia Medica, 3rd Edition
(2) Teeguarden, Ron. Radiant Health: The Ancient Wisdom of the Chinese Tonic Herbs.
(3) <http://www.itmonline.org/arts/rehmann.htm>

Extra Resources:

<https://thesunlightexperiment.com/rehmannia/>
<https://blog.longevitywarehouse.com/rehmannia-an-adrenal-tonic-herb-of-the-highest-order/>





Ginseng



Herb:

Ginseng

Latin Name

Panax ginseng

Other Name(s)

**Ren Shen (TCM),
Earth essence,
Miraculous Herb,
Ghost Shield, 'Seng**

Quick Description:

This "Man Root" of legend is said to boost Original Qi and is a powerful anti-aging herb! One of the best adaptogens in existence too. Especially beneficial as we get older. Take it once you notice a decline in sexual function for major results.

Ancient Wisdom:

Powerfully tonifies the primal Qi of the Five Organs, nourishes Yin, revives collapse, stops heavy bleeding, generates blood, calms the Spirit, prolongs life

Modern Understanding & Uses:

- A very stimulating adaptogen that is used for weak or exhausted patients. Modulates the HPA axis with sweeping effects on immune functioning through all systems of the body. Known as an immune amphoteric, this botanical enhances immune functioning where deficient and reduces excessive immune responses as needed (e.g. autoimmune).⁽²⁾
- Shown to protect and replenish white blood cells in cancer patients undergoing chemo and radiation therapy.⁽²⁾
- Demonstrates reduction of serum blood glucose in type 2 Diabetes and reduction of LDL (low-density lipids, or unhealthy fats) for hypertension and atherosclerosis.⁽²⁾

Traditional Application:

- Treats recovery from severe blood loss, shallow breathing, lethargy, fatigue, chronic diarrhea, wheezing, palpitations, insomnia and forgetfulness

Dosing Recommendations:

Traditional: 3–9g in decoction or 0.5–1g powdered Modern: 0.25–3mL tincture

Special Notes:

- Stop, or avoid, taking if sick! Do not mix with caffeine or stimulants, including green tea!
- Do not combine with anti-depressants or anti-diabetics
- Inhibits the growth of certain cancer cells (more powerfully so when combined with Astragalus and Reishi)

References:

- (1) Bensky, Dan. Chinese Herbal Medicine: Materia Medica, 3rd Edition
- (2) Winston, David. Adaptogens: Herbs for Strength, Stamina, and Stress Relief.

Extra Resources:

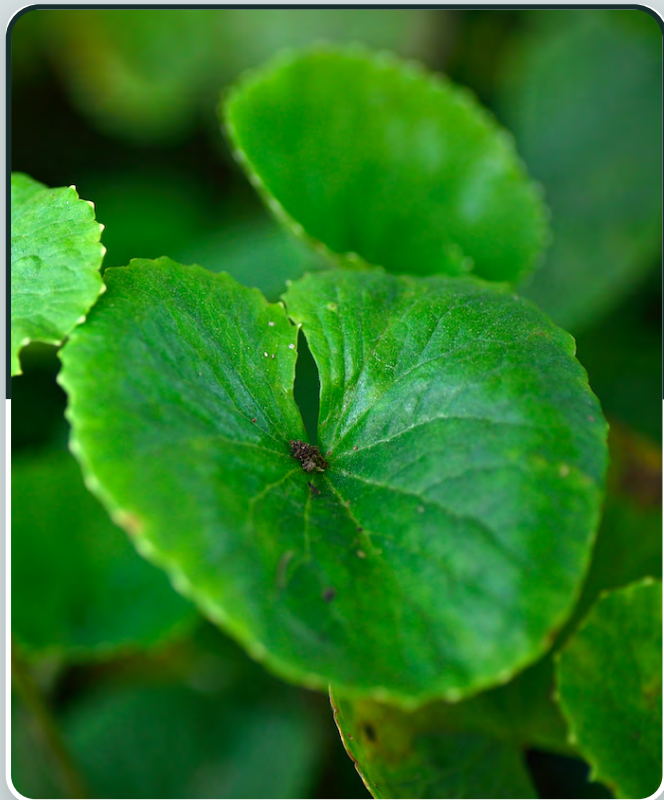
<https://www.pinterest.co.uk/cielomin/red-ginseng/>

<http://www.jivaprobiotics.com/blog/2017/8/12/ginseng-history-benefits-and-research>





Gotu Kola



Herb:

Gotu Kola

Latin Name

**Centella
asiatica,
Hydrocotyle
asiatica**

Other Name(s)

**Ji Xue Cao (TCM),
Brahmi (Ayurveda),
Mandukaparni,
asiatic pennywort,
Kula Kudi (India)**

Quick Description:

"A leaf or two a day will keep old age away." This divine drug strengthens our connection to the cosmos. By nourishing the brain and strengthening our cognitive functions, we can soar with our creative energy. Reach your potential and beyond with this darling leaf.

Ancient Wisdom:

Clears damp-heat, resolves toxicity, reduces swelling, promotes the intellect and supports mental faculties

Modern Understanding & Uses:

- Triterpene saponins, such as asiaticoside, brahminoside, are some of the major chemical players in this botanical. Topically, the asiaticosides help in wound healing and internally they improve cognitive functioning.^(1,5)
- Animal studies show that it aids in nerve development, improving nervous system functioning.⁽⁴⁾
- Gotu Kola also demonstrates neuroprotective and chemopreventive qualities, which means it protects the nervous system and stops or suppresses carcinogenic action.⁽⁵⁾

Traditional Application:

- Treats sores and abscesses, swollen sore throat, painful urinary dribbling, traumatic injuries, diarrhea, dysenteric disorder, damp-heat jaundice.⁽¹⁾
- Treats anxiety, memory and learning issues⁽³⁾

Dosing Recommendations:

Traditional: 12–30g or 1.2–1.5g as a blood tonic

Special Notes:

- There are two herbs known as Brahmi in Ayurvedic medicine. Be sure to not confuse Gotu Kola (*Centella asiatica*) with Bacopa (*Bacopa monniera*, or water hyssop).

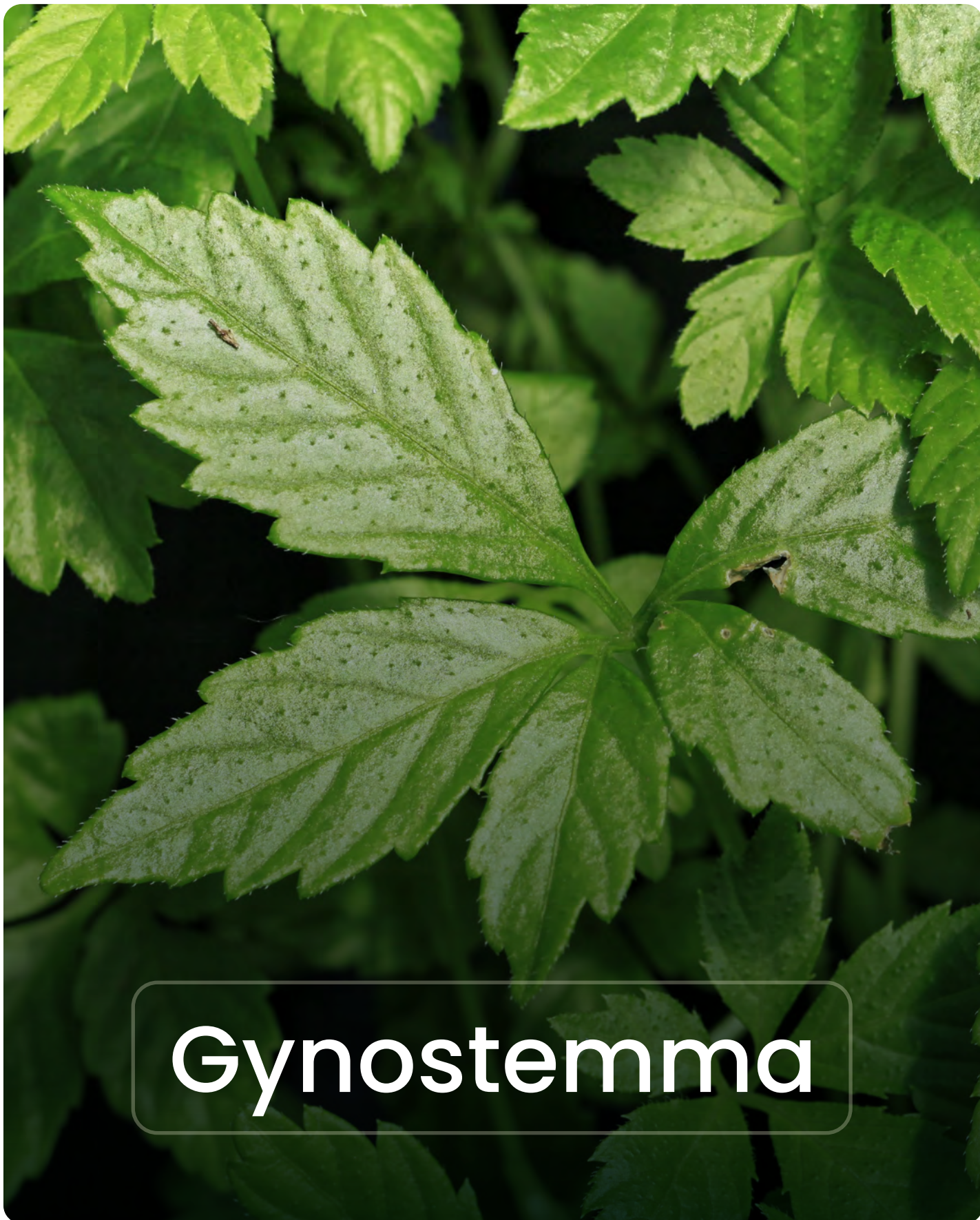
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- (2) Pedersen, Mark. Nutritional Herbology.
- (3) Khalsa, KP Singh. The Way of Ayurvedic Herbs.
- (4) Winston, David. Adaptogens: Herbs for Strength, Stamina, and Stress Relief.
- (5) <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/gotu-kola>

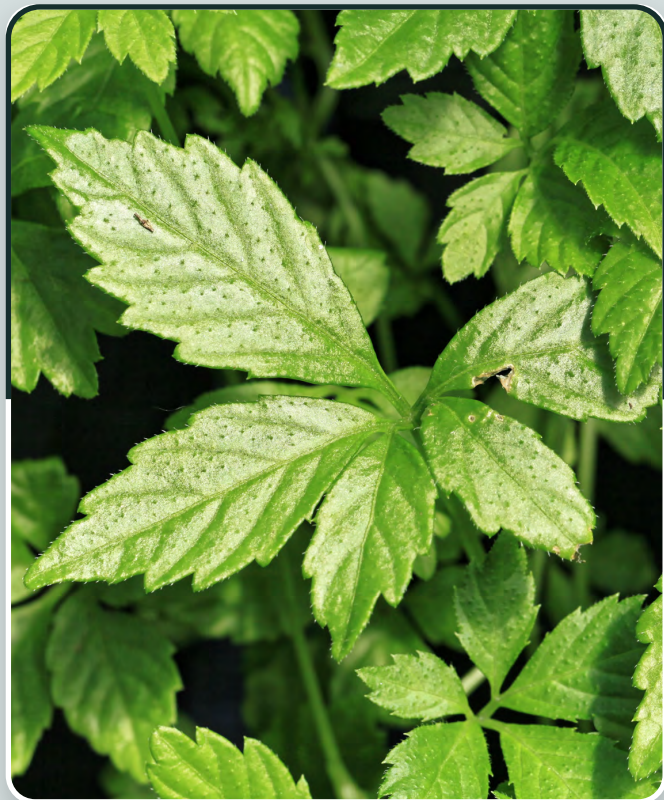
Extra Resources:

<https://www.consciouslifestylemag.com/gotu-kola-benefits-of-the-herb-of-enlightenment/>
<https://www.ayurtimes.com/gotu-kola-centella-asiatica-mandukaparni/>





Gynostemma



Herb:

Gynostemma

Latin Name
**Gynostemma
pentaphyllum**

Other Name(s)
**Jiao Gu Lan (TCM),
Five-leaf ginseng,
Gyno, Southern
ginseng**

Quick Description:

Like ginseng, only way less expensive! For centuries this was a folk remedy, but now it's a classy tea that graces the cups of many connoisseurs. A powerful adaptogen that has some incredible research supporting its use. Drink a cup of tea daily and see your immortality unfold.

Ancient Wisdom:

Tonifies Qi, moistens Lungs, generates body fluids, dispels phlegm, clears heat, eliminates toxins, alleviates pain and reduces inflammation, prolongs life.⁽¹⁾

Modern Understanding & Uses:

- Some of the gypenosides (saponins) of Gyno are chemically identical to the ginsenosides of Ginseng.⁽²⁾
- In fact, gynostemma has the most saponins (over 80) of any single plant in nature.⁽³⁾
- Saponins are the chemical goodies that rank Gyno amongst other adaptogens like Ginseng & Reishi.
- So rich in amino acids, vitamins, and minerals, it was known as a survival food.^(2,3)
- Displays dual-directional action on the body itself. For those underweight it helps to improve lean muscle mass while for those overweight it accelerates metabolism to normalize body composition.⁽³⁾
- Japan researchers value this herb and have studied it extensively for its dual-directional, adaptogenic properties on the central nervous system. Often used to treat neurological disorders from depression to schizophrenia.⁽³⁾
- Lowers blood pressure and cholesterol.⁽¹⁾
- Shown to benefit cancer patients with immunosuppression from chemo and radiation therapy. Also has anti-tumor properties.⁽²⁾
- Powerful anti-oxidant qualities and boosts the body's production of superoxide dismutase.⁽²⁾

Traditional Application:

- Treats asthma, migraines, neuralgia, nausea, chest congestion, ulcers and fatigue.^(1,2)

Dosing Recommendations:

Traditional: 5-12g, steep for 40 minutes

Special Notes:

- Mild sedative effect, use cautiously with sedative meds
- Apply topically for liver spots.⁽¹⁾

References:

- (1) <https://www.americandragon.com/Individualherbsupdate/JiaoGuLan.html>
(2) Winston, David. Adaptogens: Herbs for Strength, Stamina, and Stress Relief.
(3) Teeguarden, Ron. Radiant Health: The Ancient Wisdom of the Chinese Tonic Herbs.

Extra Resources:

<http://helloteacup.com/2016/01/21/jiaogulan-tea-a-k-a-the-herb-of-immortality/>





Notoginseng



Herb:

Notoginseng

Latin Name

**Panax
notoginseng,
Panax
pseudoginseng**

Other Name(s)

**San Qi or Tian Qi
(TCM), seudoginseng
root, ginseng three
seven, miracle root for
the preservation of life**

Quick Description:

"More precious than gold," this relative of ginseng is known for its effect on the blood system. Used to treat traumatic wounds. Little known as an anti-aging herb, but renowned for that among herbalists who share that knowledge. One of the best kept anti-aging secrets around. With this one, less is more.

Ancient Wisdom:

Stops bleeding while not causing blood stasis, transforms blood stasis, reduces swelling and stops pain, prolongs life

Modern Understanding & Uses:

- Long-term use of this herb has been shown to have favorable effects on the heart. It is especially useful in the treatment of coronary artery disease, demonstrating increased coronary blood flow and anti-inflammatory qualities.⁽²⁾
- Decreases serum LDL levels and used in China as a cardi tonic.⁽³⁾
- Shown to have dual-directional, normalizing application to the nervous system, endocrine system, immune system, and cardiovascular system.⁽³⁾
- The saponins of notoginseng are very similar to the saponins of Ginseng. Demonstrating hepatoprotective, anti-inflammatory, and anti-carcinogenic properties. Also extends lifespan in animal studies.⁽³⁾

Traditional Application:

- Treats internal and external bleeding, including vomiting blood, nosebleed, blood in urine or stool, fractures, sores and abscesses.

Dosing Recommendations:

Traditional: 1-3g in decoctions for tonic use

Special Notes:

- Caution during pregnancy

References:

- (1) Bensky, Dan. Chinese Herbal Medicine: Materia Medica, 3rd Edition
- (2) <https://www.frontiersin.org/articles/10.3389/fphar.2017.00702/full>
- (3) Teeguarden, Ron. Radiant Health: The Ancient Wisdom of the Chinese Tonic Herbs.

Extra Resources:

https://pngtree.com/freepng/herbs-can-play-notoginseng-powder-tianqi_1812388.html
<https://www.majesticherbs.com/blog/best-natural-remedies-heart-health/>



A close-up photograph of a Schizandra plant branch. The branch is covered with clusters of small, round, red berries. Some berries are still green, indicating they are not yet ripe. The leaves are large, green, and have serrated edges. The background is blurred, showing more of the plant and some sunlight filtering through the leaves.

Schizandra



Herb:

Schizandra

Latin Name

**Schisandra
chinensis**

Other Name(s)

**Wu Wei Zi (TCM),
five-flavor berry,
Chinese magnolia vine**

Quick Description:

This “Five flavor fruit” benefits all the Yin organs of the body. Think of the Yin organs (lungs, spleen, heart, kidneys, liver) as THE most important viscera to Daoist adepts seeking health and immortality. This tasty gem keeps your Jing from leaking.

Ancient Wisdom:

Mends leakage of lung Qi, grasps Qi, enriches the kidneys, secures the essence, stops diarrhea, nourishes the liver, quiets the spirit, generates fluids, purifies the blood, sharpens the mind and prolongs life.^(1,2,3)

Modern Understanding & Uses:

- Has demonstrable hepatoprotective qualities that naturally enhance glutathione, and also prevents liver damage from toxins while accelerating healing of damaged liver tissue.⁽²⁾
- Dual-directional effect on the nervous system that enhances reflexes and mental acuity while calming and relieving stress or anxiety.⁽²⁾
- Studies have shown that dosing with Schisandra improves the outcomes of tasks that require concentration, mental endurance, and coordination.⁽³⁾
- Normalizing effect on blood pressure and non-specific immune activity, meaning that it helps your heart and endocrine system to keep you healthy and broadly protected.⁽²⁾
- Also shown to enhance vision, improve hearing, boost tactile sensitivity, and improve breath capacity.⁽³⁾

Traditional Application:

- Treats chronic cough and wheezing, vaginal discharge, urinary frequency, excessive sweating, palpitations, irritability, insomnia.⁽¹⁾

Dosing Recommendations:

Traditional: 3-6g

Special Notes:

- May cause abdominal discomfort from inappropriate or overuse.

References:

- (1) Bensky, Dan. Chinese Herbal Medicine: Materia Medica, 3rd Edition
- (2) Winston, David. Adaptogens: Herbs for Strength, Stamina, and Stress Relief.
- (3) Teeguarden, Ron. Radiant Health: The Ancient Wisdom of the Chinese Tonic Herbs.

Extra Resources:

<https://www.luminescents.net/shop/herbal/traditional-herbs/chinese-herbal/schizandra-berries-powdered-schizandra-chinensis/>



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