



Chinese Mood Elevator

(formerly AD-C)

Stock #1878-8 (100 capsules)

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In Traditional Chinese medicine, emotions are believed to be connected to the internal organs, with each internal organ being responsible for a specific emotion, and vice versa. For example, liver stagnation is said to cause feelings of anger, frustration, depression and moodiness. Liver function is also believed to regulate the smooth flow of *qi*, or *chi*—interpreted as "energy"—throughout the body. Stagnant liver *qi*, resulting from poor liver function, is associated with PMS and menopausal symptoms, hypertension, and gastrointestinal discomfort, as well as mood-related disorders such as depression, extreme anger and irritability, and severe mood swings.¹⁻³

Chinese Mood Elevator is designed to increase vitality and promote a greater sense of health and well-being. Chinese Mood Elevator contains herbs that enhance the flow of *qi* throughout the body, promote healthy liver and digestive function, stimulate blood circulation, reduce pain and inflammation, lower fever, and relieve abdominal discomfort, nausea and vomiting. Several of the herbs in Chinese Mood Elevator also have mild sedative and antihypertensive (blood pressure-lowering) effects. In Traditional Chinese Medicine, these herbs are said to "quiet the heart" and "calm the spirit" and are used to help treat anxiety, irritability, restlessness and insomnia.

Chinese Mood Elevator can be used for abdominal pain and bloating, anxiety, cardiovascular disease, cirrhosis (a chronic liver disease), epilepsy, flatulence (intestinal gas), headaches, heart palpitations, hepatitis (inflammation of the liver), inflammatory diseases, insomnia, menopausal complaints, poor circulation, nausea and vomiting, and to protect the liver against damage from toxins.

Perilla (*Perilla frutescens*) leaves are commonly utilized in traditional oriental medicines to treat problems pertaining to emotions, mood or mental states, including anxiety and depression. In fact, animal studies have shown that rosmarinic acid from perilla leaves has antidepressive-like activity. Perilla is a warming herb that promotes the circulation of *qi*. Perilla also acts as a carminative—a substance that eliminates flatulence (gas)—to relieve congestion and discomfort in the chest and stomach, as well as an anti-emetic to quell nausea and vomiting.^{2,4-7}

Cyperus (*Cyperus rotundus*) regulates liver *qi* and acts as a carminative to relieve intestinal gas, bloating and digestive discomfort. Cyperus has been used in traditional oriental medicines for the treatment of stomach and intestinal disorders and inflammatory diseases. Research has confirmed the inhibitory effects of a cyperus extract on the production of nitric oxide and superoxide—two important mediators in the development of inflammatory diseases. Cyperus also provides analgesic (pain-relieving), antispasmodic (muscle spasm-relaxing) and estrogenic effects—the volatile oils contain an estrogen-like substance. Cyperus is considered especially effective for regulating menstrual and digestive complaints caused by "disharmony" between the liver and spleen, and is used for dysmenorrhea (painful menstruation) and irregular menstruation.^{2,7,8}

Chih-shih fruit (*Citrus aurantium*) is a cooling herb used in Traditional Chinese Medicine to break up and move stagnant energy within the body. Chih-shih is recommended for constipation, epigastric or abdominal pain and distension (bloating), indigestion with flatulence, and the feeling that something is "blocked" in the chest or abdomen. Research has also confirmed that chih-shih improves blood circulation through the heart and cerebral (brain) tissue. Chih-shih contains synephrine, a chemical that causes the blood vessels to constrict to raise low blood pressure caused by arterial failure. In addition, chih-shih directs fluid from inflamed muscles to reduce swelling. Furthermore, research supports the commonly prescribed use of chih-shih as an alternative treatment for anxiety, epilepsy and insomnia.^{6,7,9,10}

Typhonium (*Typhonium flagelliforme*) is closely related to *Pinellia ternata* and is often used by Chinese herbalists in the United States in place of Pinellia. Typhonium is used to soothe the stomach, combat nausea and vomiting, and reduce epigastric and abdominal distention. In addition, typhonium relieves pain and inflammation and relaxes spasms. Typhonium is also used for lymphatic swellings. Furthermore, research has identified a substance in typhonium with significant antihepatotoxic (protecting the liver from toxins) activity.^{7,11-15}

Aurantium peel (*Citrus aurantium*) is a warming herb that normalizes the flow of energy through the body, moving congested water and phlegm and releasing pathogens (disease-causing organisms) that have become stagnant. Considered a bitter tonic, aurantium peel exhibits antibacterial, anti-inflammatory, carminative and choleric (stimulates the liver to increase bile production) activities, which support its use for breaking up food stagnation and improving its transport through the digestive tract. Thus, aurantium peel helps soothe stomach complaints, including

belching, bloating, nausea and vomiting.^{2,6,9}

Bamboo sap (*Phyllostachys nigra*) is used to stop coughing and spasms, reduce fever, and promote expectoration of phlegm. Bamboo sap is commonly used in remedies for children's feverish disorders where there is high fever, irritability, convulsions and insomnia, as well as epilepsy. Bamboo sap is also indicated for shortness of breath, cough and thick phlegm in the lungs. In clinical practice, bamboo sap is given for convulsions in infectious diseases, and for acute bronchitis, pneumonia and influenza.^{7,16,17}

Bupleurum (*Bupleurum chinense*) is considered one of the best Chinese herbs for treating serious liver problems such as hepatitis and cirrhosis, especially when combined with other herbs that have liver-specific actions. Bupleurum contains compounds known as saikosides, which have been shown to protect the liver against damage from drugs and environmental toxins. Bupleurum helps prevent fatty liver, clears liver congestion, slows tissue changes resulting from chronic hepatitis, and reduces levels of the liver enzymes involved in cell death. Through its action on the liver, bupleurum may also indirectly lower serum cholesterol and triglyceride levels. Bupleurum also has a beneficial effect on the gallbladder. In Traditional Chinese Medicine, bupleurum is combined with licorice for treating hepatitis.^{1-3, 6,7,18,19}

Cnidium (*Ligusticum wallichii*) is widely used in traditional medicines for the treatment of cardiovascular (pertaining to the heart and blood vessels) and cerebrovascular (pertaining to the blood vessels of the brain) diseases. Cnidium promotes blood circulation and the movement of *qi*. Cnidium is also an analgesic that is used for acute lower back pain and abdominal pain following childbirth. Cnidium is especially effective for many kinds of headaches and for pain that travels down the center of the head to the cheeks and teeth. In addition, cnidium exhibits antihypertensive, emmenagogue (menstruation promoting), tonic and sedative effects. Cnidium should not be used where there is abnormal bleeding or during pregnancy.^{2,3,6,7,20}

Gambir stem (*Uncaria gambir*) demonstrates antispasmodic and sedative effects. In Kampo (Traditional Japanese Medicine), gambir is combined in herbal formulas for treating childhood epilepsy, as well as to reduce fetal movement in the eighth month of pregnancy and to relieve postpartum spasms. Gambir also helps dizziness, high blood pressure and headaches, including migraine headaches. Gambir's astringent properties make it useful for stopping bleeding and diarrhea.^{6,7}

Hoelen (*Poria cocos*) has long been used as a sedative and diuretic in Traditional Chinese Medicine. Hoelen helps "quiet" the heart and calm the mind and spirit, especially for symptoms of anxiety, insomnia, irritability, reddening of the face, restlessness, short temper and feelings of heaviness throughout the body. Hoelen also promotes urination and is used for edema due to stagnation of fluids, as well urinary difficulty and painful urinary dysfunction. In addition, hoelen acts as a tonic to strengthen the spleen and relieve spleen deficiency symptoms such as heart palpitations, headache and vertigo (dizziness).^{2,6,7,21}

Ophiopogon root (*Ophiopogon japonicus*) is classified as a sedative for the heart, which is viewed as the seat of the emotions in Kampo medicine. A person is said to become irritable, especially at night, when their heart is "disturbed." Not surprisingly, ophiopogon exhibits a number of cardiovascular effects, such as increasing coronary blood flow, enhancing the strength of the heart muscle, and assisting the heart with oxygen deprivation. In addition, saponins found in ophiopogon demonstrate anti-arrhythmic (to prevent abnormal heart rhythm) properties. Furthermore, researchers have reported high melatonin activity in ophiopogon. Melatonin, a natural constituent in many plants, is known to have mood-altering and circadian rhythm-regulating effects. Circadian rhythms are regular cycles of biological processes that regulate sleep, blood pressure, body temperature, production of digestive secretions and hormones, etc.^{2,3,6,7,22,23}

Ginger (*Zingiber officinale*) has been used in the Far East for what may be thousands of years to treat various inflammatory diseases. Ginger demonstrates analgesic, anti-inflammatory and antiedematogenic (a substance that prevents edema or swelling) properties. Ginger is also recognized as one of the best remedies for nausea and is used as an anti-emetic for cancer chemotherapy to help improve gastrointestinal side effects such as nausea, vomiting and inhibition of gastric emptying. Ginger aids digestion and assimilation and has been shown to stimulate the secretion of gastric juices, as well as lipase activity in animal studies. Ginger also tends to stimulate the body's metabolism.^{2,6,7,24}

Ginseng (*Panax ginseng*) has many well-documented anti-stress properties and is used in Traditional Chinese Medicine to benefit the heart *qi* and "calm the spirit," treating symptoms such as heart palpitations associated with anxiety, forgetfulness, insomnia and restlessness stemming from *qi* and blood deficiency. Ginseng also exhibits significant anti-fatigue effects. In addition, ginseng has demonstrated a clear hepatoprotective (liver-protective) effect in animal studies by increasing the antioxidant capacity of the liver. Ginseng may also help prevent liver damage resulting from exposure to drugs and other environmental toxins. In human case-control studies, ginseng intake has been associated with a significant reduction in the odds of developing liver cancer, and has been shown to reduce

total serum cholesterol, triglyceride and low density lipoprotein (LDL) levels and increase high density lipoprotein (HDL) levels.^{6,7,25-28}

Platycodon (*Platycodon grandiflorum*) is one of the most important Chinese herbal medicines and has been used since ancient times as an antiphlogistic (a substance that counteracts inflammation and fever), an antitussive (a substance that relieves or prevents cough), and an expectorant. However, modern animal research has shown that platycodon also lowers serum cholesterol levels by stimulating the liver. In addition, platycodon has demonstrated protective effects against chemically-induced liver damage in mice, and is known to have immunostimulatory and antitumor effects.^{2,6,7, 29-33}

Tang-kuei (*Angelica sinensis*) is used as an analgesic, sedative and blood tonic in Traditional Chinese Medicine and is regarded as the most important herb in Japanese herbal medicine for stimulating blood circulation. Tang-kuei exhibits confirmed anti-inflammatory activity and has also been shown to protect the liver in animal studies. According to the World Health Organization's medicinal plant monographs, tang-kuei has been used for the treatment of chronic hepatitis and cirrhosis of the liver. Tang-kuei is contraindicated in pregnancy, particularly in the first trimester, due to potential uterine stimulant and relaxant effects.^{1-3,6,7,34-38}

Coptis (*Coptis chinensis*) is regarded as an intensely bitter herb that relieves inflammation and combats infection. Coptis is said to enter the liver organ meridian to stimulate bile flow and relieve liver inflammation, thus making it effective for treating cirrhosis, hepatitis, jaundice, gallstones, and venereal disease, including herpes simplex. In addition, coptis' anti-inflammatory properties are believed to enter the heart organ meridian, which governs the mind. Thus, coptis is believed to be especially effective for treating "heat" conditions associated with anxiety, insomnia, irritability, nervousness and rapid pulse, including cases of delirium and disorientation accompanying high fever. One of the principal active constituents in coptis is berberine, a powerful antibiotic.^{2,6,7}

Licorice (*Glycyrrhiza uralensis*) is a cholagogue that tonifies the digestive tract and relieves diarrhea. Licorice also acts as an anti-inflammatory with action similar to that of cortisone—a potent anti-inflammatory drug. In addition, licorice is a *qi* tonic that promotes energy, tones the spleen, strengthens stomach weakness, protects the liver, reduces fever, relieves pain, and alleviate spasms, particularly in the abdomen. Licorice contains the active ingredient glycyrrhizin (glycyrrhizic acid), which demonstrates a wide range of pharmacological properties (anti-inflammatory, anti-ulcer, antioxidant, anti-tumor, anti-viral, hepatoprotective, etc.) and is one of the leading natural compounds used in clinical trials of chronic active viral hepatitis.^{1,2,6,7,39-42}

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