



Nature's Chi (TCM Concentrate) Stock #836-8 (30 capsules)

Nature's Chi is a concentrated Traditional Chinese Medicine (TCM) formula containing a blend of herbs that have been shown to improve energy levels, relieve aches and pain, stimulate immune function, and enhance mental performance. Nature's Chi also provides herbs that help lower blood pressure and protect against cardiovascular disease. Each ephedra-free capsule of Nature's Chi contains:

Eleuthero root (*Eleutherococcus senticosus*) - A number of experimental and clinical studies have confirmed eleuthero's anti-depressive, anti-fatigue, anti-stress and immuno-enhancing effects. Clinical data, as well as the German Commission E, support the use of eleuthero as a preventative and restorative tonic for enhancing mental and physical performance in cases of exhaustion and tiredness, weakness, and during convalescence—the stage of recovery following an attack of disease, a surgical operation or

an injury. In addition, results of a randomized, double-blind, controlled trial involving 96 patients with diagnosed idiopathic chronic fatigue found that those with mild-to-moderate fatigue demonstrated statistically significant improvement after receiving eleuthero compared to those receiving a placebo. Furthermore, a randomized, double-blind, placebo-controlled study found that eleuthero significantly improved selective memory, as well as activity levels and feelings of well-being in healthy middle-aged subjects.¹⁻⁸

Cinnamon twig (*Cinnamomum cassia*) is one of the most important circulatory herbs in Chinese herbal medicine and is used to enhance the circulation of blood to relieve conditions associated with a deficiency of "qi" or vital energy. Cinnamon twig also exhibits analgesic (pain-relieving), antipyretic (fever-reducing), diaphoretic (perspiration-promoting) and stimulant activity. Traditional uses include lack of energy and stamina, weakness, abdominal cramps and pain, arthritic and rheumatic conditions, cold extremities, diarrhea, edema (fluid retention), fatigue, lower back pain, muscle spasms and numbness. In addition, cinnamon twig demonstrates antibacterial activity against several strains of bacteria that can cause food poisoning.⁹⁻¹⁶

Peony root (*Paeonia lactiflora*), which is regarded as a blood tonic, is the standard herb for detoxifying the blood in Japanese herbal medicine. It is also used throughout Asia and Europe for improving blood flow. In addition, peony has demonstrated analgesic, anti-inflammatory, diuretic and antispasmodic (muscle spasm-relieving) effects. Furthermore, preliminary animal studies indicate peony may help decrease appetite.^{10,11,12,17-21}

Forsythia fruit (*Forsythia suspensa*) is one of the most commonly used Chinese herbs for "clearing heat and toxin," a condition represented by symptoms including fever, slight chills, sore throat, headache and swollen lymph nodes, commonly experienced with common colds and influenza. Forsythia provides antimicrobial, antipyretic (fever-reducing), anti-inflammatory, analgesic and diuretic effects. Recent research shows that forsythia contains phillyrin, a bioactive substance that has demonstrated anti-obesity effects in mice.^{9,10,12,22-24}

Gardenia fruit (*Gardenia jasminoides*) stimulates circulation, provides anti-inflammatory effects, acts as a diuretic, and has been shown to lower blood pressure in animal studies. Gardenia is often used to relieve "heat" conditions, identified by fever with irritability or restlessness, sensations of tightness in the chest, and insomnia. Recent studies have found that a natural carotenoid antioxidant found in gardenia can reduce serum total cholesterol, triglyceride and LDL cholesterol levels, as well as inhibit the formation of plaque in the arteries.^{10,12,25,26}

Hoelen sclerotium (*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 and restlessness. Hoelen also soothes inflammation and is used to relieve problems resulting from the accumulation of "moisture" such as edema due to stagnation of fluids or dampness, lung congestion, feelings of heaviness throughout the body, and swollen joints. In addition, hoelen acts as a tonic to strengthen the spleen and relieve spleen deficiency symptoms such as heart palpitations, headache and vertigo (dizziness).^{10-12,27}

Ginseng root (*Panax ginseng*) has many well-documented anti-stress properties and also exhibits significant anti-fatigue effects. Ginseng is traditionally used in Chinese medicine to build resistance and reduce susceptibility to illness, promote health and longevity, and as an aid during convalescence. Ginseng is approved for use by the German Commission E as an invigorating tonic for use during times of fatigue, debility, convalescence, or declining concentration and work capacity. In addition, the World Health Organization (WHO) monograph cites clinical data supporting the use of ginseng as a preventative and restorative tonic for exhaustion, tiredness, weakness, loss of concentration, and for the enhancement of mental and physical capacities. Recent research has shown that ginseng

contains active substances known as saponins that appear to suppress increases in body weight-gain in mice fed a high-fat diet.^{3,11,12, 28-33}

Schizonepeta flower (*Schizonepeta tenuifolia*) has a mildly warming property according to Traditional Chinese Medicine. Schizonepeta acts as a diaphoretic and antimicrobial agent with mild antipyretic and analgesic properties. Thus, schizonepeta is a well-known remedy for the common cold accompanied by headache. Other uses include fever, influenza, headache, sinus infections, and stiff neck and spine. Schizonepeta contains the essential oils menthol and pulegone, the former of which relieves pain, inhibits bacteria and dilates peripheral blood vessels, while the latter provides anti-inflammatory and antipyretic effects.^{9,10,12,34,35}

Scute root (*Scutellaria baicalensis*) has been used in Traditional Chinese Medicine as a popular antibacterial and antiviral agent. Scute has also been shown to reduce inflammation, promote circulation, stimulate the gallbladder to release bile, reduce total cholesterol levels, and lower blood pressure. Baicalein, one of scute's major flavonoids, has been studied for its effects in the prevention and treatment of cardiovascular diseases, including arteriosclerosis and hypertension. In addition, scute flavonoids have been reported to enhance and improve memory and learning abilities in animal experiments. Furthermore, animal research indicates that scute can inhibit liver fibrosis, a type of liver damage resulting from inflammation.^{10-12,36-39}

Siler root (*Siler divaricatum*) is often used in Chinese medicine to open the pores and promote perspiration to eliminate pathogens and toxins through the skin. Siler is also used for its analgesic, antipyretic, expectorant, antitussive (cough-relieving), and tonic properties on the respiratory tract, as well as its effects for relieving headache and blurry vision, bloodshot eyes, body aches, and pain in the neck and shoulders.^{9,40}

Mint leaves (*Mentha haplocalyx*) are frequently used in herbal formulas for the treatment of the common cold and influenza, fever, headaches, sinus infections, and sore throat. Mint leaves are said to promote the flow of liver "qi", thus lifting the spirits and easing emotional instability. Mint leaves have demonstrated antibacterial, antipyretic, carminative (the expelling of intestinal gas), diaphoretic and stomachic (digestion-stimulating) properties.^{10,12,34}

Tang-kuei root (*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.^{9-12,41-46}

Ho shou wu root (*Polygonum multiflorum*) is among the most popular herbs in traditional Chinese medicine and has been widely used as a rejuvenating tonic and anti-aging remedy. Clinical studies have confirmed that ho shou wu can improve health problems commonly associated with aging such as cardiovascular diseases and hypercholesterolemia—abnormally high concentrations of cholesterol in the bloodstream. Both animal and human studies have found ho shou wu to be effective at lowering cholesterol levels and decreasing hardening of the arteries. Furthermore, animal research has shown that ho shou wu extracts exhibit brain-protective effects that may have great value in the prevention and treatment of senile neuropathies, such as Alzheimer's disease, Parkinson's disease and vascular dementia.^{1,9,11,47-55}

Astragalus (*Astragalus membranaceus*) is an important adaptogenic Chinese herb that has been prescribed for centuries for general debility, fatigue and chronic illnesses, as well as to invigorate the body's overall vitality, build stamina and improve blood circulation. Scientific studies have found astragalus acts as an adaptogen, antioxidant, cardiogenic (heart tonic), diuretic, immunostimulant and tonic. Astragalus also controls excessive perspiration, lowers blood pressure and blood sugar levels, improves circulation and strengthens digestive function. Research has confirmed that astragalus provides numerous potential therapeutic applications in immunodeficiency syndromes and cardiovascular disease and as an adjunct cancer treatment.^{11,42,56-60}

Licorice (*Glycyrrhiza uralensis*) contains the active ingredient glycyrrhizin (glycyrrhizic acid), which demonstrates anti-inflammatory, anti-ulcer, antioxidant, anti-tumor, anti-viral, and hepatoprotective (liver-protecting) effects and is one of the leading natural compounds used in clinical trials of chronic active viral hepatitis. In addition, licorice promotes energy, strengthens stomach weakness, protects the liver, reduces fever, relieves pain, and relaxes muscle spasms, particularly in the abdomen. Recent animal research indicates that licorice flavonoids may help prevent or reduce abdominal fat accumulation and weight-gain associated with a high-fat diet.^{10-12,41,61-65}

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