



## Chinese Stress Relief

(formerly STR-C)

Stock #1863-5 (100 capsules)

TCM - Stock #1033-5 (30 capsules)

Chinese Stress Relief is an herbal sedative combining Chinese herbs that calm the mind, body and emotions, and reduce the effects of stress upon the body. Chinese Stress Relief's benefits encompass all body systems, with special emphasis on mental and emotional health. Chinese Stress Relief also lowers blood pressure and strengthens heart function, enhances digestion and appetite, reduces pain and inflammation, shrinks swollen tissues, relaxes muscle spasms and nervous tension, fights infection, strengthens respiratory function, and helps improve vision.

Chinese Stress Relief has been used for anxiety, depression, emotional upset/instability, excitability, insomnia, irritability, nervous tension, pent-up emotions, restlessness and stress. Chinese Stress Relief may also be beneficial for related physical problems, including abdominal pain, asthma, chest constriction/pain, constipation, coughs, diarrhea, digestive problems, dizziness, excessive perspiration, fever, fluid discharges, gastritis, high cholesterol, hypertension (high blood pressure), liver/spleen dysfunction, menstrual complaints, night sweats, palpitations, reproductive weakness, respiratory ailments, rheumatism, seizures, skin disorders (especially related to nerves/stress), vision problems, and weakened immunity.

**Acorus rhizome** reduces blood pressure, clears bronchial passages and excess phlegm, relaxes muscle spasms, stimulates production of digestive fluids, exhibits antibacterial activity, and acts as a sedative. Acorus helps abdominal pain, chest/epigastric fullness, deafness, depression, dizziness, dulled senses, dyspepsia (indigestion), epilepsy, excess mucus, flatulence (gas), gastritis (stomach inflammation), nervous tension, poor appetite, seizures, and stupor.

**Albizzia bark** acts as a sedative to "calms the Spirit." Albizzia also stimulates circulation, relieves pain, shrinks swollen tissues, and increases urine flow. Albizzia is recommended for insomnia, irritability, loss of appetite, pain/swelling from trauma (including fractures), pent-up emotions, and tightness/constriction in the chest.

**Cinnamon bark** is a warming herb that stimulates circulation, enhances kidney function, promotes menstruation, relieves pain, reduces fever, and acts as an astringent. Cinnamon bark is helpful for abdominal pain, asthma, coldness in the lower extremities, convalescence, debility, diarrhea, dysmenorrhea (painful menstruation), excessive perspiration, fatigue, impotence, leg problems (coldness/weakness), low back pain, spermatorrhea (involuntary release of semen without orgasm), and wheezing.

**Coptis rhizome** contains active ingredients that are comparable to those in goldenseal. Coptis tightens peripheral blood vessels (particularly in the uterus), alleviates pain and inflammation in mucosal tissues, reduces fever, checks bleeding, balances liver and spleen activity by stimulating the production of digestive fluids and bile, and acts as an antiseptic, antispasmodic and laxative. Coptis also fights bacterial and viral infections. Coptis is recommended for delirium, digestive dysfunction, disorientation, dysentery, enteritis (inflammation of the small intestine), high fever, inflammation of the mouth and tongue, insomnia, irritability, middle ear infection, palpitations, and sore throat.

**Curcuma root** increases circulation, alleviates pain and inflammation in mucosal tissues, stimulates the production of digestive fluids and bile, enhances digestive and respiratory function, exhibits antibiotic properties, and acts as an antiseptic and astringent. Curcuma also focuses its stimulant action on the uterus. Curcuma is beneficial for abdominal/epigastric pain, amenorrhea (absence of menstruation), angina pains, anxiety, digestive problems, dysmenorrhea, gall stones, hepatitis, jaundice, pain/swelling, poor circulation, skin conditions, and uterine tumors.

**Dragon bone** is actually powdered fossilized vertebral and extremity bones (typically of mammals), which supply calcium carbonate, calcium phosphate, iron and potassium. Dragon bone acts as a mild sedative to soothe the nerves and "calm the Spirit," as well as reduce fluid discharges and relax muscle spasms. Dragon bone is recommended for agitation, anxiety, blurred vision, dizziness, emotional distress, insomnia, irritability, muscle cramps, night sweats, palpitations, poor temper, restlessness, and seizures.

**Fushen plant** is primarily used as a natural sedative, especially for the heart and nervous system. In fact, fushen is one of the two most important herbs in Chinese medicine for "calming the Spirit" and treating nervousness and weakness in children. Fushen is also beneficial for emotional upset, forgetfulness, insomnia, irritability and palpitations. This herb is an important addition to the combination, as some individuals experience various emotions or mood swings when cleansing the liver.

**Ginger rhizome** contains a volatile oil and other compounds that act as digestive stimulants to encourage the production of digestive fluids and saliva. Ginger neutralizes acids and toxins in the digestive tract, which reduces gas and pain in the bowel. Ginger has been found to be helpful for expelling phlegm and is used to treat asthma, bronchitis, colds, coughs and respiratory congestion. Ginger also induces perspiration, making it useful in the treatment of fevers, including malaria. Ginger has been shown to reduce inflammation by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatory drugs (NSAIDs) work. Studies show ginger relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions. Studies have found ginger produces a strong stimulating effect on muscular contractions of the heart, validating ginger's use for improving overall circulation.

**Haliotis shell**, also known as abalone shell, supplies calcium carbonate and small amounts of iron, magnesium and silica. Haliotis shell also reduces inflammation, relaxes muscle spasms, and help improve vision. Haliotis shell is typically used for dizziness, headache, muscle cramps and problems with vision, including blurred vision, photophobia (light sensitivity), pterygium (a triangular fold of tissue that grows from the conjunctiva onto the cornea of the eye), red eyes, and other superficial visual obstructions.

**Licorice root** increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems such as gastritis, peptic ulceration, and excessive stomach acid. Licorice is a powerful anti-inflammatory and anti-arthritis, and has been proven as an effective treatment for chronic hepatitis B and liver cirrhosis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral, and possible anticancer properties.

**Oyster shell** is a source of calcium carbonate, calcium phosphate, calcium sulfate, ferric oxide and magnesium. Oyster shell soothes the nervous system and "calms the Spirit," reduces fluid discharges, softens hardened masses, neutralizes acidity, relieves pain, relaxes muscle spasms, and acts as an astringent. Oyster shell is commonly used for abdominal pain, anxiety, blurred vision, dizziness, enlarged liver/spleen, headache, insomnia, irritability, muscle cramps, night sweats, palpitations, poor temper, red face, and spontaneous sweating.

**Panax ginseng root** is used around the world for increasing immunity to disease, fatigue, and stress; delaying the effects of old age; enhancing the secretion of hormones; normalizing adrenal and thyroid imbalances; improving stamina; reducing blood sugar and cholesterol levels; and providing an overall sense of better health. Panax ginseng stimulates liver cell regeneration by increasing oxygen absorption and usage on the cellular level. Panax ginseng also contains substances that stimulate the brain, central nervous system, heart and blood vessels, liver enzyme production, and overall metabolism. Traditional Chinese medicine has employed the use of Panax ginseng for problems such as anemia, atherosclerosis, blood sugar imbalances, convalescence, debility, diabetes, diarrhea, gout, indigestion, impotence, insomnia, kidney degeneration, leprosy, liver disease, nausea, radiation poisoning, rheumatism, sexual indifference, spontaneous perspiration, and weakness of the spleen. Those who suffer from the stressful effects of chronic and debilitating diseases, including chronic anemia, coronary problems, depression, infections, and recovery following illness, injury or surgery, have experienced great benefit from the use of Panax ginseng. Furthermore, research shows panax ginseng contains immune-boosting polysaccharides and antioxidant compounds.

**Polygala root** lowers blood pressure, exhibits antibacterial activity, and acts as a heart and kidney tonic, expectorant, and sedative. Polygala is commonly used for anxiety, bronchitis, coughs with excess phlegm, depression, excessive brooding/pent-up emotions, insomnia, mental/emotional disorientation, nervous tension, palpitations, poor memory, restlessness, and seizures.

**Polygonum stem** reduces blood sugar and cholesterol, relaxes muscle spasms, stimulates urine flow, enhances elimination of toxins, exhibits antibacterial activity, and acts as an astringent and laxative. Polygonum also strengthens the heart, liver, and reproductive organs. Polygonum contains high amounts of lecithin. Polygonum is used recommended for blurred vision, constipation, dizziness, hypercholesterolemia, hypertension, inflammatory skin conditions, insomnia, leukorrhea, lumbago, menstrual and menopausal complaints, nocturnal emission, premature graying, soreness in the extremities, spermatorrhea, swollen lymph glands, and weak lower back and knees.

**Saussurea root** stimulates blood flow, reduces blood pressure, increases the production of digestive fluids, regulates spleen function, alleviates pain, relaxes smooth muscle spasms, and exhibits antibacterial activity. Saussurea is effective in treating abdominal pain and distension (bloating), asthma, chest pain (due to liver problems and jaundice), cholera, constipation, coughs, diarrhea, digestive problems, gall bladder pain, gallstones, gastritis, jaundice, lack of

appetite, nausea/vomiting, skin diseases, and rheumatism.

**Zizyphus seed** nourishes the heart and liver, controls allergic responses, soothes damaged or irritated tissues, relieves coughing, helps prevent the formation of stress-induced ulcers, relieves abnormal sweating, and acts as a sedative and nutritive tonic for the spleen and stomach. Zizyphus is prescribed by Chinese herbalists for treating anxiety, insomnia, irritability, palpitations, night sweats, and spontaneous sweating.