

太白湯

Cinnamon Pearls

Taibai Tang

About Cinnamon Pearls

The design of Cinnamon Pearls is based on the classical remedies Guizhi Tang (Cinnamon Decoction) and Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction), the first of which is the "leader of all formulas" in Zhang Zhongjing's 2nd century herb primer, *Shanghan lun* (Treatise on Disorders Caused by Cold). Together, they reflect the versatile "Guizhi Fa" (cinnamon method) approach of the Fire Spirit School of Chinese herbalism, and represent a base treatment for all types of chronic disorders involving congestion in the surface layers of the body, as well as decreased movement function in the spleen, lung, heart, liver, small intestine and bladder networks. Cinnamon Pearls can therefore be considered a standard way to improve immunity by benefitting microcirculation in vital tissues and preventing fluid congestion and phlegm build-up. At the same time, this remedy is designed to control autoimmune reactions. The added herbs specifically underscore the strong anti-allergenic affect of cinnamon, and furthermore seek to enhance cognitive function by improving gut chemistry. Snake gourd and shepherd's purse have long been forgotten by Chinese herbalists, but were once common food items associated with the power of the 4th lunar month and balanced spleen function. They exhibit the unique benefit of cooling an acutely overheated spleen in autoimmune conditions while not damaging the patient's overall yang deficient constitution. Cinnamon Pearls is thus a prime remedy for a broad variety of chronic disorders involving a combination of low immunity and allergies. It is especially suitable for the treatment of food allergies and related cognitive dysfunction.

The FDA requires the following statement:

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Sammanfattning: Enligt TKM ger en bred effekt mot kroniska besvär med bla. en kombination av låg immunitet, allergier. Anses också lämplig för behandling av olika födoämnes allergier och kognitiv dysfunktion. **Möjliga symtom:** Trötthet, svaga armar, ben, dålig aptit, andfåddhet, låg röst, blekt ansikte, får lätt förkylning influensa. Känslig för kyla och vind, speciellt nacke, skuldror, övre rygg. Minskad immunitet, tendens till andnings och födoämnesallergier. Kroniska magproblem, koncentrations svårigheter, rastlöshet, deppighet, armar domnar. Mucus och, eller vätskeansamning, tryck i bröstet, kronisk, tryck i blåsan yrsel. Förkylningar influensor går inte riktigt över speciellt hos äldre.

Typical Applications

- Food allergies; irritable bowel syndrome; leaky gut syndrome
- Chronic bronchitis, emphysema, pulmonary heart disease, cystic fibrosis (and other conditions involving chronic phlegm production)
- Late stage of acute cold/flu (especially in elderly and yang deficient patients, or in patients who have taken multiple rounds of antibiotics)
- Chronic fatigue syndrome; fibromyalgia
- Chronic congestion and tension in shoulders, neck, and spine; scoliosis
- Tinnitus; ear congestion that gets worse with intake of allergenic foods; Meniere's syndrome
- Auto-immune diseases affecting the digestive tract: Chronic colitis, celiac disease, ulcerative colitis, Crohn's disease
- Auto-immune diseases affecting the respiratory and urinary systems: hay-fever, asthma, sarcoidosis, interstitial cystitis
- Chronic degenerative liver diseases: Hepatitis B, liver cirrhosis

Dosage

Infants: dissolved content of 1 capsule
1-2x/day

Children and pregnant women:
2-3 capsules 1-2x/day

Adults: 3-4 capsules 2-3x/day

Typical (adult) combination usage example: 3 Cinnamon Pearls plus 2 Amber Pearls 2x/day



Therapeutic Principles

- Benefit the *taiyin* (spleen/lung) and *taiyang* (small intestine/bladder) organ networks by gently stimulating post-natal and pre-natal qi transformation: invigorate the “transformation and transportation” function of the middle burner (spleen), heal mucous membranes and resolve lymphatic congestion (lung), increase skin-level surface circulation (bladder), and boost overall integrity of the intestinal wall (small intestine)
- Harmonize ying and wei in *taiyin* (“tuberculinic”) constitutional types (who tend to suffer from frequent respiratory infections and/or food allergies)
- Warm the center, move spleen qi and transform cold damp with cinnamon (embodying the “Guizhi Fa” treatment principle of the Fire Spirit School of Chinese herbalism, especially suitable for individuals with damp/phlegm constitutions who do not respond well to ginseng and other tonic/stagnating herbs)
- Dispel chronic wind and guard against wind invasion
- Restore the up/down dynamics of the middle burner, eliminate food stagnation, relieve digestive discomfort and abdominal gas/bloating
- Transform chronic or residual damp, phlegm, and/or stagnating water in overall yang deficient constitutions
- Cool and contain potential over-reactions by a deficient and over-challenged spleen, containing and preventing auto-immune processes

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Indications

- Symptoms of *taiyin* (spleen and lung) yang deficiency: fatigue, weak extremities, poor appetite, shortness of breath, low voice, pale face color, susceptibility to cold/flu
- Symptoms of qi counterflow: sensations of uprushing qi
- Symptoms indicating a disharmony of ying and wei in the *taiyang* layer: general sensitivity to cold and wind (especially in neck, shoulder, and upper back), decreased spinal integrity, increased permeability of body surface and intestinal boundaries (to pathogens and allergens), decreased immunity, overall tendency to respiratory and food allergies
- Symptoms of imbalanced digestion initiating brain chemistry imbalances and/or auto-immune processes: chronic digestive issues that are accompanied by fogginess, difficulty focusing, depression, restlessness, head/neck congestion; numbness in small intestine channel (i.e., arms falling asleep easily at night)
- Symptoms of cold phlegm and/or fluid retention: stuffy chest, poor digestion, chronic (productive) cough, bladder pressure/discomfort, edema, dizziness
- Symptoms of wind cold: late stage of acute cold/flu, especially in elderly and deficient patients; chronic aversion to drafts; allergic constitution
- Symptoms of spleen qi inability to keep the blood in the vessels in primarily yang deficient constitutions: phlegm with traces of blood, blood in urine (without obvious burning sensations), bleeding gums (including bleeding when brushing teeth), frequent bruising, abnormal increase or decrease of platelets due to auto-immune processes
- Symptoms of liver yang deficiency: low energy, poor microcirculation, degenerative changes in liver tissue
- Pale tongue with tooth marks and white coating; potential for damp tongue coating with bald patches (“mapped coating”)



Differentiation

For sinus or lung infection involving the production of yellow phlegm	use	Golden Pearls
For common cold with symptoms of sore throat	use	Perilla Pearls
For acute flu or food poisoning	use	Earth Pearls
For digestive issues with tendency to diarrhea	combine with	Amber Pearls
For eating disorders involving vomiting	combine with	Gingko Pearls and/or Earth Pearls
For low thyroid values and/or osteoporosis	combine with	Vitality Pearls
For menstrual cramps or uterine bleeding	use or combine with	Moon Pearls
For scoliosis	combine with	Ox Bone Pearls
For chronic joint pain in fibromyalgia patients	combine with	Bamboo Pearls and/or Lightning Pearls
For circulatory conditions in the extremities	combine with	Bamboo Pearls and/or Evergreen Pearls
For chronic degenerative lung conditions	combine with	Glacier Pearls
For chronic degenerative liver conditions	combine with	Sugar Pearls, Evergreen Pearls, or Mama Pearls
For airline travel	combine with	Lightning Pearls or Earth Pearls
For ulcerative colitis, Crohn's disease, and asthma	consider adding	additional herbs that gently clear <i>yangming</i> heat and tonify kidney yin

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Ingredients

(越南) 桂枝尖	GUIZHI	Cinnamon twig, Vietnam
白芍 (炒)	(Chao) BAISHAO	Peony, white; fried
炮姜	PAOJIANG	Ginger, roasted
大棗	DAZAO	Jujube
炙甘草	ZHI GANCAO	Licorice, baked
茯神	FUSHEN	Poria Fushen
白朮 (炒)	BAIZHU	Atractylodes, white; fried
王瓜	WANGGUA	Snake gourd
薺菜	JICAI	Shepherd's purse
天門冬	TIANMENDONG	Asparagus
五味子	WUWEIZI	Schisandra
石菖蒲	SHICHANGPU	Acorus

Guizhi Tang

Fuling Guizhi Baizhu Gancan Tang
(Ling Gui Zhu Gan Tang)

prevent earth from affecting water, cool over-reaction of *taiyin* and *shaoyin* networks, control auto-immune processes, dry spleen/lung dampness, open heart orifice

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