

**Sammanfattning:** denna örtformula stärker både yin och yang hos flera viktiga energikretsar (njure, lever, mjälte, lunga) kan visa sig som tex. binjure och sköldkörtel obalans, minskad sexlust, uttunnande hår m.m. En effektiv örtformula för alla symtom som kan finnas under menopaus. **Möjliga symtom:** Heta flushar ofta som mest på kväll/natt, ångest/depression, irritation och emotional instabilitet, rastlös sömn, försämrade energi, tunna, torra slemhinnor, hårfall, sköra naglar, torra ögon, torr hud och rynkig hud.

## About Guanyin Pearls

The design of Guanyin Pearls reflects a unique approach to a wide array of menopausal and post-menopausal issues. It combines the conventional yin tonic approach to hot flashes with the yang tonic Qianyang Dan (Submerge the Yang Pellet), a 19<sup>th</sup> century modification of the classical Fuzi Lizhong Tang (Rectify the Middle Decoction with Aconite) by the scholar-physician Zheng Qin'an, revered founder of the Fire Spirit School. Zheng Qin'an and his remaining disciples interpret hot-flashes and other signs of upward mobility in the elderly as a leaking of the kidney battery, which requires a drawing back of the life force into the lower dantian. This downward anchoring effect is accomplished by combining aconite and amomum. In younger women, Guanyin Pearls can be used for fertility issues, but should be discontinued as soon as pregnancy has been achieved.

## Therapeutic Principles

- Alleviate deficiency flare-up of yang energy in menopausal women by restoring the Kidney's ability to store and safeguard yang qi
- Harmonize upward and downward energy movements in all three burners;
- Replenish both yin and yang in the sources of pre-natal energy (Liver and Kidney);
- Nourish yin and yang in the sources of post-natal energy (Spleen and Lung).

## Indications

- All symptoms of menopause and post-menopause

## Typical Applications

- Hot flashes
- Anxiety/depression, emotional volatility, restless sleep
- Loss of energy; thyroid and adrenal imbalances
- Decrease in libido; thinning of vaginal tissues
- Infertility
- Hair loss, brittle nails, dry eyes, dry and wrinkling skin

## Dosage

**Adults:** 3-5 capsules 2x/day

**Typical adult combination usage**

**example:** 3 Guanyin Pearls plus 2 Ox Bone Pearls 2x/day (for osteoporosis in post-menopausal women)

The FDA requires the following statement:

These products have not been evaluated by the Food and Drug Administration. Please note that our products are formulated according to classical Chinese alchemical principles. References to modern disease names in this presentation are intended to convey a general idea of how these classical principles might be applied in a modern clinical context. This should not be understood as a claim on our part that the Classical Pearls products treat, cure, or prevent these conditions.





## Differentiation

For menopausal symptoms due to Liver qi stagnation and/or obvious <i>shaoyang</i> problems	use	Ease Pearls
For anxiety/insomnia that is not associated with menopause	use	Peace Pearls
For severe anxiety/insomnia	combine with	Peace Pearls
For uterine fibroids or other benign uterine masses	use	Moon Pearls
For constitutional support of those with breast cancer or uterine cancer	use	Mama Pearls
For increase in libido and/or atrophy of genital tissues	combine with	Love Pearls
For perimenopausal symptoms	use or combine with	Moon Pearls
For symptoms of pronounced dryness	combine with	Water Pearls

## Ingredients

附子	FUZI	Aconite, processed
炮姜	PAOJIANG	Ginger, roasted
砂仁	SHAREN	Amomum
五加參	WUJIASHEN	Siberian ginseng
炙甘草	ZHI GANCAO	Licorice, baked
旱連草	HANLIANCAO	Eclipta
女貞子	NÜZHENZI	Ligustrum
淫羊藿	YINYANGHUO	Epimedium
仙茅	XIANMAO	Curculigo
菟絲子	TUSIZI	Cuscuta
知母	ZHIMU	Anemarrhena
百合	BAIHE	Lily

### Qianyang Dan

#### Submerge Yang Pellet

19<sup>th</sup> century formula for all symptoms of flushing up due to inability to store yang

### Erzhi Wan

### Erxian Tang

### Baihe Zhimu Tang

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