

酸棗潛陽丹

Peace Pearls

Suanzao Qianyang Dan

About Peace Pearls

The design of Peace Pearls reflects a unique approach to the common problems of anxiety and insomnia. It combines the conventional yin tonic approach to insomnia—in this case Zhang Zhongjing's classical 2nd century remedy Suanzaoren Tang (Sour Jujube Decoction)—with the yang tonic Qianyang Dan (Submerge the Yang Pellet), a 19th 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 insomnia and other signs of upward mobility 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.

Therapeutic Principles

- Soothe the Heart by reversing upward qi flow, and fortifying the Kidney's ability to store yang and ground the *shaoyin* network
- Calm shen by nourishing Heart blood and removing phlegm from the Heart orifice
- Eliminate restlessness by clearing localized heat from the Heart.

Indications

- Anxiety
- Insomnia
- Palpitations
- Pulse: weak (possibly floating and slippery in KID yin position on left hand pulse)

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.

Sammanfattning: ett preparat som är närande för psyke, löser inre icke synlig plegm, minskar hetta i psyke. Vid ångest, oro, psykisk spänning, sömnproblem. Vid depression/ångest - om det finns stagnation med spänning, humörväxlingar, smärta så lägg till tex. Xiao Yao Wan KP04. Om problemen finns med menopaus lägg till Guanyin P08. Om problemen finns med samtidig infektion, parasitos ta med Thunder Pearls P01 och/eller Lightning Pearls P02. **Möjliga symptom:** ångest, insomni, hjärt klappning, svag puls, stresskänsla, upprördhet, irritation, oro, känsla av förhöjd inre värme, svårt att koppla av m.m.

Typical Applications

- Anxiety, insomnia, and palpitations due to chronic adrenal stress and/or autonomic nervous system imbalance

Dosage

Pregnant women: 1-2 capsules 1-2x/day

Adults: 3-6 capsules 2x/day

Typical adult combination usage example: 3 Lightning Pearls plus 2 Peace Pearls 2x/day (for anxiety/insomnia symptoms in Lyme disease patients)





Differentiation

For depression/anxiety accompanied by obvious <i>shaoyang</i> or liver qi stagnation symptoms	use	Ease Pearls
For anxiety/insomnia during menopause	combine with	Guanyin Pearls
For anxiety/insomnia caused by nervous system inflammation (i.e. Lyme disease)	combine with	Lightning Pearls
For anxiety/insomnia caused by intestinal parasites	combine with	Thunder Pearls
For anxiety and/or insomnia accompanied by weak digestion (especially loose stool or diarrhea)	combine with	Amber Pearls
For anxiety/insomnia due to KID yin depletion	use	Water Pearls

Ingredients

附子	FUZI	Aconite, processed
炮姜	PAOJIANG	Ginger, roasted
砂仁	SHAREN	Amomum
北沙參	BEISHASHEN	Glehnia
炙甘草	ZHI GANCAO	Licorice, baked
酸棗仁	SUANZAOREN	Zizyphus
知母	ZHIMU	Anemarrhena
川芎	CHUANXIONG	Ligusticum
茯神	FUSHEN	Poria Fushen
當歸	DANGGUI	Tang-kuei
苦參	KUSHEN	Sophoraa root
夜交藤	YEJIAOTENG	Polygonum vine

Qianyang Dan

Submerge Yang Pellet

19th century formula for all symptoms of flushing up due to inability to store yang

Suanzaoren Tang

Anmian Tang

exp. 20th century remedy for insomnia

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.