

延齡固本丹

# Water Pearls

Yanling Guben Dan

## About Water Pearls

Water Pearls complements Classical Pearl's trademark aconite approach to chronic spleen/kidney weakness with a rehmannia based remedy. Its design is based on the 17<sup>th</sup> century Daoist remedy Yanling Guben Dan (Extend Life and Fortify the Source Pellet), a food grade tonic that represents an extension of the classical 2<sup>nd</sup> century formula Shenqi Wan (Kidney Qi Pill). It is overall more moistening than the constitutional kidney tonics that feature aconite as their chief ingredient. Water Pearls are suitable for chronic kidney deficiency issues and overall anti-aging effect, especially symptoms associated with prostate hypertrophy.

## Therapeutic Principles

- Tonify qi of kidney, liver, and lung
- Tonify and astringe prenatal essence
- Warm the kidney and disinhibit stagnating water
- Invigorate sluggish qi and blood circulation in pelvic region

## Indications

- Signs of deficiency of kidney essence: lumbar pain, weak knees and legs, pain in the soles of the feet or heels, shortness of breath, premature graying of hair and/or hair loss, ringing in the ears, dark and shrunken gums and/or teeth loss
- Signs of water stagnation due to cold (inhibited/dribbling urination, nocturia, edema, phlegm, weakness/discomfort below the umbilicus, cold feeling in the lower part of the body)

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:** Enligt TKM tonifierar Njurens, Leverns och Lungans Qi-energi, stärker och stabiliserar Essansen. Värmer Njuren och vitaliserar vattenomsättning, stagnerad energi och blod i bäckenområdet. Indikerad vid: Prostata besvär, infertilitet, impotens, prematur utlösning, kronisk nefrit, ödem, nattkiss, kronisk inflammation, infektion i urinvägar. Tinnitus dålig hörsel, glaukom, katarakt. Högt blodtryck, höga blodfetter, arterioskleros, diabetes. Autoimmun sjukdom, bronkial astma, ulcerativ kolit. Neurogen smärta,, diabetes

neuropaty, sciatica, lumbago. Biverkningar av cortison terapi.

**Möjliga symtom:** Lumbalsmärta, svaga knän, ben, ömhet, smärta i fotsulor, hälar, anfäddhet, försvagad andning, plegm, tidigt grånat hår och/eller håravfall, tinnitus, mörknat tillbakadragande tandkött och/eller tandlossnig. Förhindrad eller droppande urin, natkissning, ödem, svaghet obehag nedaför nedanför navel, känsla av kyla i nedre del av kropp

## Typical Applications

- Benign prostate hyperplasia (BPH)
- Impotence, infertility, spermatorrhea, premature ejaculation
- Chronic nephritis, nephritic syndrome, nephrogenic edema, chronic urinary tract infections, nocturia
- Tinnitus, gradual hearing loss
- Cataracts, glaucoma, presbytmism
- High blood pressure, hyperlipidemia, arteriosclerosis
- Diabetes
- Autoimmune diseases: bronchial asthma, ulcerative colitis
- Neurogenic pain: diabetic neuropathy, sciatica, lumbago
- Side effects of prednisone therapy

## Dosage

**Children and breast-feeding women:**  
1-2 capsules 1-2x/day

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

**Typical adult combination usage example:** 3-4 Water Pearls plus 2 Amber Pearls 2x/day (for urinary incontinence in the elderly)



## Differentiation

For diarrhea and/or bloating	use <i>taiyin</i> remedies such as	Amber Pearls, Earth Pearls, and Vitality Pearls
For prostate cancer	use	Ocean Pearls
For high blood pressure, acid reflux, and high cholesterol	use or combine with	Counterflow Pearls
For ulcerative colitis	combine with	Amber Pearls
For obvious yang deficiency and/or <i>shaoyin</i> syndrome	use	Heart Pearls, Vitality Pearls, or Guanyin Pearls (women)
For asthma patients using steroid inhalers	also consider	Cinnamon Pearls and Wind Pearls
For dribbling urination or bed wetting	combine with	Amber Pearls
For interstitial cystitis and nephritic syndrome	also consider	Cinnamon Pearls and Ocean Pearls

## Ingredients

生地黃	(SHENG) DIHUANG	Rehmannia, raw	<b>Yanling Guben Dan</b> (Ming dynasty food grade prenatal tonic)  <b>Shenqi Wan</b>   <b>Jisheng Shenqi Wan</b>  <b>Mai Wei Dihuang Wan</b>  <b>Wuzi Yanzong Wan</b>   astringe prenatal essence, consolidate lower back, enhance pelvic circulation
熟地黃	(SHU) DIHUANG	Rehmannia, cooked	
山藥	SHANYAO	Dioscorea	
山茱萸	SHANZHUYU	Cornus	
茯神	FUSHEN	Poria Fushen	
澤瀉	ZEXIE	Alisma	
(制)附子	FUZI	Aconite, processed, Jiangyou	
(越南)肉桂	(Vietnamese) ROUGUI	Cinnamon bark, Vietnam	
(淮)牛膝	(HUAI) NIUXI	Achyranthes	
車前子	CHEQIANZI	Plantago seed	
麥門冬	MAIMENDONG	Ophiopogon	
五味子	WUWEIZI	Schisandra	
枸杞子	GOUQIZI	Lycium fruit, Ningxia	
菟絲子	TUSIZI	Cuscuta	
覆盆子	FUPENZI	Rubus	
桑螵蛸	SANGPIAOXIAO	Mantis ootheca	
桑寄生	SANGJISHENG	Loranthus	
三棱	SANLENG	Sparganium	
菝葜	EZHU	Scirpus	

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