



# Medicinal mushrooms and tinctures

product catalogue

**Myco**Medica®  
medicinal mushrooms

**Yao**Medica®  
tinctures

# Secrets of Chinese medicine

Traditional Chinese medicine has accompanied humanity for more than 5,000 years. During this time, it has developed and perfected its methods and techniques to such an extent that is able to help people regain their physical and mental harmony and live to a healthy old age.

**Chinese medicine is based on detailed diagnostics with which the doctor determines the true cause of the problem.**

This is significant to point out as it is the only way to permanently improve the condition and restore balance of the body. This is where Chinese medicine is admirable at – it doesn't just suppress the symptoms and manifestation of disease, but also finds out when and how the problem arose and what exactly it negatively affected in our body. Amazingly, the effectiveness of these procedures has been tested on literally millions of patients with careful therapist's approach and detection of causes leading to complete recovery.

**Chinese philosophy understands not only the world around us, but also within us, holistically.**

While Western science is exploring things and phenomena by breaking them down into individual particles and then looking for relationships between them, the Chinese approach perceives things and phenomena as a whole. The holistic view sees things and phenomena in a context. There are processes in our body that have a cause and effect relationship, meaning that an action causes a further action. Everything is related to everything, one phenomenon is the cause of another phenomenon. If we can according to certain rules understand this cause

and effect relationship then we can explain how a health problem arose and how it will develop. Everything is constantly changing and evolving. Changes occur according to certain rules that can be described. Therefore, a person who understands Chinese medicine can better understand where we are going from and where we are going to. And what methods does Chinese medicine use? Therapy is based on several basic pillars: acupuncture, massage, healthy exercise, a diet and lifestyle adjustments. However, the dominant therapy is the use of medicinal mushrooms and herbs.



# Medicinal mushrooms and herbal mixtures

Medicinal mushrooms are small wonders of nature that can support human vitality. They are used alone or in combination with 2 to 3 other mushrooms. Their effects are relatively broad. They can strengthen Zheng Qi (our vitality and ability to adapt) and are able to influence many processes in our body.

**In contrast, herbs are used exclusively as specific mixtures of several herbs.**

Only their combination can achieve the right synergistic power and the effect compared to mushrooms is more targeted.

**This catalogue presents the MycoMedica line – products from medicinal mushrooms and the YaoMedica line – herbal alcohol tinctures based on proven traditional Chinese medicine recipes.**

Unfortunately, you will not find options for their use with individual products. Current EU legislation prohibits this, even though traditional Chinese medicine has been working for thousands of years and its effects have been demonstrated on countless patients. For same reasons we are not allowed to mention the therapeutic results demonstrated by current scientific studies. But we believe in the common sense of you, the customers. Detailed information on herbs and mushrooms can

be found in publicly available sources on the Internet.



**MUDr. Drahomíra  
Holmannová Ph.D.**  
Expert Advisor



# About medicinal mushrooms

Medicinal mushrooms are special organisms, they do not belong to the plant or animal kingdom. While Chinese doctors have been using the effects of medicinal mushrooms for thousands of years, they have long remained a mystery to Western civilization. Fortunately, that is starting to change today. Medicinal mushrooms are in the sights of many scientists who study their effects on humans.

From the point of view of Chinese medicine, medicinal mushrooms can strengthen both Wei Qi (defensive energy) and Ying Qi (nourishing energy) which means that they can strengthen our body's defences against external and internal influences and at the same time they can strengthen and nourish our vitality and life force. Medicinal mushrooms can start

the auto-activation and regeneration processes in the human body. If medicinal mushrooms have one thing in common – they are a huge source of energy from a full set of biological and medicinal substances (minerals, trace elements or amino acids) that are vital from a physiological and nutritional point of view.



**MycoMedica®**  
medicinal mushrooms



# About the MycoMedica brand and company

MycoMedica is a leading European manufacturer and seller of a wide range of products based on medicinal mushrooms from around the world. The company's activities also include comprehensive therapeutic, advisory and educational services for the professional and lay public.

The basis of the quality of natural products of the MycoMedica brand is suitable cultivation, guarantee of origin, certification of composition and quality of production including distribution processes. Cultivation, transport, production and storage – all this is subject to strict quality and hygiene rules according to international standards and legislation of the Czech Republic and the EU.

*'MycoMedica is a purely Czech family company which was founded in 2010. From the beginning, our goal has been to make fair products, products that will really help people. It is a great joy, but also a commitment, that we are*

*doing it well. More than a quarter of a million customers from all over the world buy our products every year. Customers trust us, so they come back to us repeatedly. So, our "quality – efficiency – safety" philosophy and a truly human approach to customers are bearing fruit.'*



**Martin Schirlo**  
MycoMedica Sales Director





# Method of processing

**Most of our products are made from medicinal mushroom extracts.**

We use special hot water extraction procedures to preserve the full range of active substances found in the raw mushroom. The main advantages of the extract are the bioavailability of active substances and their higher concentrations in the final product. The cell wall of a mushroom, which contains active substances, is made up of chitin. Humans do not have the necessary enzymes to digest chitin, so simply consuming mushrooms cannot release the active substances from them. Therefore, it is always necessary to perform hot water extraction, which breaks the chitin barrier and allows for extraction of maximum number of active substances. Ground powder from dried mushrooms contains only 0.5–3 % polysaccharides. Thanks to extraction, this proportion increases up to 30–50 times, so our extracts contain 30–50 % polysaccharides.





# Mushroom material testing

All mushroom material, which we use for the production of our products, is tested in the independent German Agrolab laboratory before processing.

In this testing, we focus on more than 300 types of known heavy metals, pesticides and other microorganisms harmful to humans. We are ready to submit these tests on request. We do not simply rely on the tests of our Chinese suppliers. We double-check, which is definitely neither mandatory nor common. That is why we are able to guarantee the highest quality of products that we produce and sell.

# Processing of medicinal mushrooms

## Cultivation

Our mushrooms grow far from civilization, in the ecologically clean environment of the Chinese Highlands.



## Grinding

Our mushrooms are ground using the Shell-Broken method to increase the availability of active substances.



1.

2.

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## Drying

Mushrooms are dried in a traditional, gentle and time-consuming way.



## Extraction

Mushrooms are further processed by hot water extraction to increase the concentration of active substances. Some undergo a second alcohol extraction.



## Quality assurance

Constant inspections in various laboratories ensure the quality of our materials from cultivation to the production of capsules.



5.



6.

## Quality label

The independent German AGROLAB laboratory tests our material for more than 300 different harmful substances.



## Production

Our products are manufactured and packaged in the Czech Republic in compliance with the highest quality and safety standards.



7.

8.

## Do you still have any questions about quality and production?

Do not hesitate to contact us, we will answer your questions and provide you with an analysis of our products.

# Dosing of medicinal mushrooms



**normal dose:**  
1 or 2 capsules a day

**increased dose:**  
3 to 10 capsules a day (in this case it is advisable to consult a doctor or Chinese medicine practitioner)



**period of use:**  
at least 2 to 3 months

**frequency of use:**  
we recommend taking it 5 days a week and skipping 2 days



**capsules are taken on an empty stomach (at least 30 minutes before or 60 minutes after a meal), wash down with water or weak green tea**



**when using medicinal mushrooms, we recommend increasing the intake of vitamin C to increase the absorption of substances, e.g. in the form of an acerola cherry extract**

if you are not sure about the choice, use our MycoMedica Advisory Centre:  
[consulting@MycoMedica.cz](mailto:consulting@MycoMedica.cz)





# Advice

We offer free professional advice for our products.  
(Advisory Centre at [www.MycoMedica.eu](http://www.MycoMedica.eu))

We are one of the few companies that offer professional and expert advice for their products. If you are not sure about the choice or combination of products, you can call or email us and describe your problems. However, the best option is to describe the problem in the form in the Advisory Centre section, fill in the Diagnostic Questionnaire carefully and ideally attach a photo of your tongue. Our recommendation will be the most accurate in this way.



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**Mgr. Michaela Gaydošová**  
MycoMedica Expert Advisor

# FAQs

## How to choose a quality and effective mushroom product?

It is easy to get lost in the current market of medicinal mushroom products. All sellers talk about the highest quality, the best ingredients and guaranteed effects. They argue with different percentages of active substances, polysaccharides, triterpenes, fungal acids, the longest growing time, various laboratory tests, confusing pseudo-professional names, etc.

## But how should a layperson know this, especially when much of such information is only misleading?

Our advice is: Don't just look at the numbers and the words 'best'. We do not compete in who goes higher and who goes further. Ask doctors and experienced Chinese medicine therapists what medicinal mushrooms they use in their surgeries. Naturally, they have to work with products that are high-quality and work. See for yourself that MycoMedica products are used by most doctors and traditional Chinese medicine practitioners ('Distributors' section at [www.MycMedica.eu](http://www.MycMedica.eu)).

## What concentration of polysaccharides in medicinal mushrooms to choose?

According to our experience and

the logic of traditional Chinese medicine, the optimal concentration of medicinal mushroom extracts is 30 % polysaccharides. This concentration is closest to the mushroom raw material in terms of the ratio of active substances than a higher concentration. We also offer products with a higher concentration of polysaccharides. Specifically, Reishi, Cordyceps, Hericium, Chaga, Coriolus and Maitake at a concentration of 50 % polysaccharides (with a guaranteed ratio of (1,3)- $\beta$ -D-glucans and D-Mannitol). We recommend this concentration only in cases where we want to have a very strong, short-term and intensive effect on the stimulation of the organism. So we use it in case of great exhaustion when we need to replenish energy quickly. In all other cases, in our opinion, the most suitable option is 30 % polysaccharide content.

## Do medicinal mushrooms have any side effects?

We have not seen any significant side effects in our practice or from the experience of colleagues. Various clinical trials are still underway; however, no major adverse side effects of medicinal mushrooms have been reported here either. As our extracts are strong, mild diges-

tive problems can sometimes be observed in patients with impaired digestion: e.g. soft stools, bloating and pressure around the stomach. It is usually enough to reduce the dose in the first days of use and the problems will disappear. It will also help to have a light meal after the mushrooms.

## How long can I take your medicinal mushrooms?

It is very individual. Mushrooms can be used for a long time. But it is good to follow the rule: use 5 days, take a break for 2 days. For long-term use, we recommend taking a seven-day break after 3 months.

## Are your mushroom extracts safe?

Absolutely. All batches of MycoMedica products are inspected by the independent German Agrolab laboratory. About 300 harmful substances are being tested – pesticides, heavy metals, microorganisms. Together with our German colleagues, we are re-testing all mushroom material to contain only high-quality mushroom polysaccharides. We have recently extended these tests with testing for polycyclic aromatic hydrocarbons (PAHs). But most importantly, we are in direct contact with Chinese growers and we only work with those who have

been proven for a long time.

### **Can I combine different medicinal mushrooms?**

Yes, and it is very appropriate. It significantly increases their synergistic effect.

### **Can I overdose on medicinal mushrooms?**

It is not likely. Nevertheless, follow the recommended dosage. Increasing the dosing spontaneously is not effective, the body does not absorb more of the active substance and it is then eliminated from the body. In our experience, it does not make sense to take more than 5g of extract a day.

### **Are medicinal mushrooms suitable for children?**

Yes, but age-appropriate doses need to be given. For example, children aged 7 to 10 should take half the recommended daily adult dose.

### **If the child cannot swallow the whole capsule, what to do about it?**

You can empty the extract from the capsule and serve it without the capsule. The extract can be dissolved in a liquid or mixed with food – tea, juice, snack.

### **Are there any interactions between medicinal mushrooms and medicine or other dietary supplements?**

We are not aware of any negative interactions between medicinal mushrooms and medicine or other dietary supplements. In general, however, it is appropriate to follow the 'on-an-empty-stomach' principle

also with medicine or other dietary supplements. But we recommend not using the *Auricularia* mushroom together with blood thinners (e.g. Warfarin).

### **What is the difference between gelatine and vegetable capsules?**

Gelatine capsules are of animal origin, vegetable capsules are made of cellulose. We have started offering products packed in vegetable capsules to people who do not want to eat meat and other animal products (vegans). Theoretically, gelatine capsules are better absorbed, but in practice this difference is not significant. The extracts can also be easily emptied from the capsules and mixed, for example in water.

### **What is the 'double extraction' you describe for some products?**

It is a very common procedure for processing medicinal mushrooms. Especially with Reishi and Chaga. First, extraction with hot water is performed. And since some substances are not soluble in water (e.g. triterpenes), a second 'extraction' with alcohol is performed, it is called alcohol precipitation.

### **Why do you state the percentage of polysaccharides?**

Polysaccharide complexes are one of the main active substances for which people take medicinal mushrooms. Therefore, the percentage of polysaccharides is important and every reputable manufacturer should list it for each product. It is important to note that in addition to polysaccharides, mushrooms contain a

number of other active substances. And this unique ratio is what sets one mushroom's effect apart from another. In our opinion, 30 % concentration is optimal in most cases.

### **How can your medicinal mushrooms be up to 30 times stronger than mushroom powder?**

There are 0.5 to 3 % polysaccharides in a dried mushroom, depending on the mushroom. We have 30 % polysaccharides available in our extracts (except for *Coriolus*, which contains 40 %), i.e. they are up to about 30 times more concentrated than mushroom powder. Some companies do tricks with mushrooms: they use starch to modify polysaccharides. Since starch is also a polysaccharide, it is not possible to identify it in other polysaccharides. We do not use starch in MycoMedica brand products. All batches are tested for the number of mushroom polysaccharides in an independent German laboratory.

### **Can MycoMedica medicinal mushrooms contain heavy metals or radioactivity?**

No. Due to the strict cultivation conditions, MycoMedica mushrooms cannot contain heavy metals or other unsuitable substances. Some manufacturers expose mushrooms to radiation to destroy microorganisms. The medicinal mushrooms used by us are not exposed to radioactive radiation at any stage of production. Tests are carried out on each batch in the independent German Agrolab laboratory.

# Extracts of medicinal mushrooms

Medicinal mushrooms refer to a certain group of mushrooms that contain high amounts of biologically active substances that you will not find in such quantities in other mushrooms. They are an extraordinary source of energy for our body. Medicinal mushrooms are literally overflowing with vital substances such as vitamins, minerals, trace elements, amino acids, polysaccharides, triterpenes and more. The main and most frequently mentioned bioactive substance are polysaccharides (beta glucans), which have been shown to support our immune system. Mushrooms with a concentration of 30 % polysaccharides are used in most cases.



**Cordyceps CS-4 30 %**  
*Cordyceps sinensis*

The Tibetan Cordyceps is the greatest recharger of lost energy among medicinal mushrooms.



**Reishi triterpene**  
*Ganoderma lucidum*

Higher proportion of triterpenes. Participates in the ability to support immunity.



## Reishi

*Ganoderma lucidum*

Reishi supports natural immunity and vitality. It has tropism to Heart.



## Coriolus

*Coriolus versicolor*  
Turkey Tail

Supplement to treat cancer.  
Veterinary product.



## Hericium

*Hericium erinaceus*  
Lion's Mane

Hericium cleanses Wei Re (Stomach heat), which tends to rise.



## Maitake

*Grifola frondosa*  
Hen-of-the-Woods

It strengthens Pi (Spleen) and Wei (Stomach) to be able to transform Gu (food) more effectively.



## Chaga

*Inonotus obliquus*

It has tropism to the intestines.  
It contains active substances such as betulin or terpenes.



## Agaricus

*Agaricus blazei* Murill  
Almond mushroom

Brazilian mushroom supports natural immunity.



## Poria cocos

*Poria cocos*  
Hoelen

According to Chinese medicine, poria removes Shi (dampness) from the body and strengthens the Qi of the Spleen.



## Black Hoof mushroom

*Phellinus linteus*  
Black Hoof mushroom

It differs from other mushrooms by its ability to remove Shi Re (damp heat) from the body.



## Agarikon

*Laricifomes officinalis*  
Quinine Conk

From the point of view of Chinese medicine, it removes Xie Qi (pathological Qi) from the body.



## Shiitake

*Lentinula edodes*

Due to its high content of bioactive substances, it is called the elixir of life.



## Polyporus

*Polyporus umbellatus*  
Umbrella Polypore

Umbrella Polypore draws its strength from the roots of trees. It removes Shi (dampness) from the body.



## Auricularia

*Auricularia polytricha*  
Wood Ear

According to Chinese medicine, Wood Ear revives Xue (blood) and breaks blockages.



## Oyster mushroom

*Pleurotus ostreatus*

It is known as the flower sky mushroom. It is a rich source of bioactive substances.



## Enoki

*Flammulina velutipes*  
Velvet Shank

It was used by the pharaohs in ancient Egypt. They called it the mushroom of immortality.



## Coprinus

*Coprinus comatus*  
The Shaggy Ink Cap

Coprinus removes heat from deficiency. It is used in Xiao Ke (wasting and thirsting).



## Acerola

*Malpighia glabra*  
Barbados cherry

Barbados cherry is the strongest natural source of vitamin C.



## Milk Thistle

with Reishi  
and Dandelion Root

Milk Thistle with Reishi and Dandelion Root supports liver function.



## Curcumin

*Curcuma longa*  
Turmeric

Turmeric extract promotes digestion and liver.



## BetaGlukan BIOcell

high purity  
1,3/1,6-β-D-glucan

Made from the *Saccharomyces cerevisiae* yeast, it has a proven effect on our natural immunity.



## MycoComplex

based on a traditional recipe  
*Si Ge Mo Gu San*

Combining four mushrooms and vitamin C, it supports the natural immune system.



## MycoSomat

based on a traditional recipe  
*Xiao Yao San*

The MycoSomat mixture is intended to break energy blockages from the stagnation of Gan (Liver).



## MycoHair

based on a traditional recipe  
*Nu Huang Bian Zi Tang*

MycoHair is designed to support good hair quality. It nourishes Gan (Liver).



## MycoSlim

based on a traditional recipe  
*Ti Zhong Jian Qing Tang*

The mixture strengthens Pi (Spleen). It helps maintain optimal body weight.



## MycoFlex

*D-glucosamine sulfate 2KCl, Chondroitin sulfate, MSM and vitamin C*

The mixture of mushrooms and chondroprotective substances supports the normal function of bones and cartilage.



## MycoProsten

Common Nettle and Saw  
Palmetto extract

The combination of Maitake and  
Saw Palmetto contributes to the  
normal function of the prostate  
and urinary tract.



## MycoDetox

based on a traditional recipe  
*Ling Zhi Dan Shui Jie Mao San*

The combination of Reishi and  
algae helps support immunity  
and cleanse the body.



## MycoCholest

quality combination of Shiitake  
and red fermented rice

MycoCholest can maintain the  
right cholesterol and triglyceride  
levels in the body.



## MycoMeno

based on a traditional recipe  
*Ling Dong Jue Jing San*

The product is intended for  
women during menopause  
or non-standard menstruation.



## MycoBalance

based on a traditional recipe  
*Si Gu Jia Ren Shen Huang Qi San*

The mixture of mushrooms and  
herbs supports Zheng Qi. We can  
say vigour, vitality or immunity.



## MycoClean

based on a traditional recipe  
*Lian Ren San*

Thanks to the Job's Tears ex-  
tract, it can remove pathological  
Shi (dampness) from the body.



## MycoSleep

based on a traditional recipe  
*Ling Shui Mian San*

The combination of Reishi and Jujube promotes sleep and harmonizes the psyche.



## MycoGastro

based on a traditional recipe  
*Hou Tou He Zhong San*

The mixture cleanses Wei Re (hot Stomach) and promotes normal digestion.



## MULTicell

Immunoactive  
multivitamin

Immunoactive multivitamin combination of herbs and vitamins to support the body.



## Vitamin C

vitamin C (ascorbic acid),  
natural strawberry flavour

It supports the normal functions of the immune system. In the form of sweets.



## Ginseng (with Reishi and Cordyceps)

Korean Red Ginseng  
with Cordyceps and Reishi

It stimulates energy, supports physical and mental performance. It is a strong adaptogen.





## Mushrooms with 50 % polysaccharides

MycoMedica is the only one on the market to offer extremely strong mushroom extracts containing 50 % polysaccharides with a guaranteed content of at least 20 % of 1,3/1,6- $\beta$ -D-glucans. Polysaccharides are the main bioactive substances of medicinal mushrooms. And the most important are 1,3/1,6- $\beta$ -D-glucans. However, they are not the only ones. Mushrooms also contain a large amount of other bioactive substances, such as terpenes, sterols, minerals, enzymes, amino acids, proteins, vitamins, etc. Mushroom extracts with 30 % polysaccharides are most often used because they offer an ideal ratio between the concentration of bioactive substances and their natural ratio in a mushroom. But if you need a product with a high concentration of 1,3/1,6- $\beta$ -D-glucans, 50 % products are the number one choice. It is also worth mentioning that mushroom beta-glucans are more biologically active than those from yeast.





## Cordyceps 50 %

*Cordyceps militaris*

The Tibetan Cordyceps is the greatest recharger of lost energy among medicinal mushrooms.



## Hericium 50 %

*Hericium erinaceus*  
Lion's Mane

Hericium cleanses Wei Re (Stomach heat), which tends to rise.



## Coriolus 50 %

*Coriolus versicolor*  
Turkey Tail

Supplement to treat cancer. Veterinary product.



## Reishi 50 %

*Ganoderma lucidum*

Reishi supports natural immunity and vitality. It has tropism to Heart.



## Maitake 50 %

*Grifola frondosa*  
Hen-of-the-Woods

It strengthens Pi (Spleen) and Wei (Stomach) to be able to transform Gu (food) more effectively.



## Chaga 50 %

*Inonotus obliquus*

It has tropism to the Intestines. It contains active substances such as betulin or terpenes.

# Herbal syrups based on traditional Chinese recipes

Syrups are primarily intended for children but can also be used by adults. They contain proven herbal mixtures. In addition to the traditional use of the highest-quality herbs and mushrooms, we have also changed the production process to achieve the best possible effect. In the first phase, we boil dried herbs and medicinal mushrooms in water under high pressure – it is a traditional production method and a very important one as it is the only way to fully interconnect the bioactive substances of individual ingredients; extraction takes place in the second phase to increase the concentration of bioactive substances.



## Dragon Syrup

based on a traditional recipe  
*Long Tang Jiang*

Dragon Syrup combines Reishi, Cordyceps and Echinacea to support our immunity.



## Multi Syrup

The syrup contains essential vitamins C, D3, B6, B9, B12 and zinc

Thanks to this combination, it has an antioxidant effect and supports the body's natural immunity.



## Lamb Syrup

based on a traditional recipe  
*Bao He Wan*

With its composition, the syrup is primarily focused on promoting healthy digestion and appetite.



## Fox Syrup

based on a traditional recipe  
*Chu Shi Wei Ling Tang*

The syrup cleanses Re (heat) and Feng (wind) from the skin. It supports normal skin condition.



## Bear Syrup

based on a traditional recipe  
*Suan Zao Ren Tang*

Bear Syrup harmonizes the psyche and promotes healthy sleep.



## Monkey Syrup

based on a traditional recipe  
*An Shen Wan Jia Wei*

Monkey Syrup focuses on lack of attention with impatience and impulsivity.



## Panda Syrup

based on a traditional recipe  
*Nin Jiom Pei Pa Koa*

The syrup regulates the counter-movement in Fei (Lungs). It supports respiratory system functions.



## Elephant Syrup

based on a traditional recipe  
*Su Zi Jiang Qi Tang*

The syrup strengthens Fei (Lungs) and removes Tan (mucus). It supports the respiratory system.



## Rabbit Syrup

based on a traditional recipe  
*Xiao Chai Hu Tang*

Syrup suitable for Fu Xie (hidden pathogen). Suitable for protracted imbalances.



## Tiger Syrup

based on a traditional recipe  
*Yin Qiao San*

It is suitable for the beginnings of acute imbalances when we are attacked by Feng Re (wind heat).



## Turtle Syrup

based on a traditional recipe  
*Ba Zhen Tang*

The syrup supports the immunity and vitality in exhaustion or recovery.



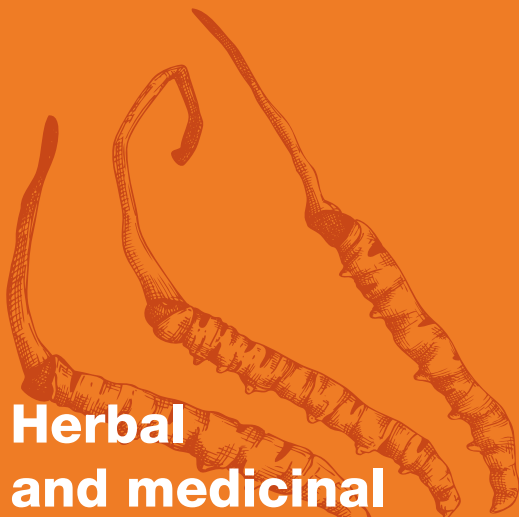
## Elf's Syrup

It contains a B vitamin complex and vitamin C.

Carrier syrup. It contains a combination of vitamins suitable for supporting children's development.







# Herbal and medicinal mushroom extract tablets

The special range of tablets balances the effects of medicinal mushrooms and Chinese herbs. The author of the recipes is Dr Lucký, our leading specialist in traditional Chinese medicine. Tablets are made by mechanical compression of mushroom and herbal extracts.





## MycoAir II

based on a traditional recipe  
*Ling Dong Chong Yu Ping San*

The mixture strengthens Fei (Lungs). It supports normal respiratory system function.



## MycoStamin

based on a traditional recipe  
*Dong Chong Si Mao San*

For safe and long-term strengthening of vitality and creativity with an emphasis on sexuality.



## MycoChemo

based on a traditional recipe  
*Hui Shu Hua Liao San*

It helps with Zhi syndrome (dry mucous membranes). Support in conventional therapy.



## MycoStress

based on a traditional recipe  
*Hou Tou He*

MycoStress unblocks energy clusters from stress somatization.



## MycoStimul

based on a traditional recipe  
*Ling Zhi Ren Qi San*

A mixture to restore vitality. Adaptogens that help effectively recharge energy.

# Mushrooms and green foods in organic powder form

We also offer medicinal mushrooms and green foods in the form of a very fine powder in organic quality. These are ground dried medicinal mushrooms or green foods, in which the chitin shell has been partially damaged, so our body is able to extract the necessary bioactive substances from the mushroom. The powder form is therapeutically weaker than the extracts. The powder is packed in packets, so just mix it in water and drink.



## BIO Cordyceps Powder

*Cordyceps militaris*

The Tibetan Cordyceps is the greatest recharger of lost energy among medicinal mushrooms.



## BIO Hericium Powder

*Hericium erinaceus*  
Lion's Mane

Hericium cleanses Wei Re (Stomach heat), which tends to rise.



## BIO Shiitake Powder

*Lentinula edodes*

Due to its high content of bioactive substances, it is called the elixir of life.



## BIO Reishi Powder

*Ganoderma lucidum*

Reishi supports natural immunity and vitality. It has tropism to Heart.



## BIO Auricularia Powder

*Auricularia polytricha*  
Wood Ear

According to Chinese medicine, Wood Ear revives Xue (blood) and breaks blockages.



## BIO Chaga Powder

*Inonotus obliquus*

It has tropism to the Intestines. It contains active substances such as betulin or terpenes.



## BIO Tremella Powder

*Tremella fuciformis*  
Snow Fungus

According to Chinese medicine, it moisturizes the mucous membranes. It contains a high amount of minerals.



## BIO Maitake Powder

*Grifola frondosa*  
Hen-of-the-Woods

It strengthens Pi (Spleen) and Wei (Stomach) to be able to transform Gu (food) more effectively.



## BIO Polyporus Powder

*Polyporus umbellatus*  
Umbrella Polypore

Umbrella Polypore draws its strength from the roots of trees. It removes Shi (dampness) from the body.



## BIO Chlorella

*Chlorella pyrenoidosa*  
Chlorella

Freshwater algae rich in biologically active substances and chlorophyll.



## BIO Young Barley

*Hordeum vulgare*  
Young Barley Shoots

It is a natural source of vitamins, minerals, enzymes, proteins and chlorophyll.





# Medicinal mushrooms in dried form

Chinese mushrooms are an absolute delicacy in gastronomy. That is why we offer all lovers of good cuisine dried mushrooms of the highest quality, hand-picked under the conditions of controlled agriculture. Even dried medicinal mushrooms provide the body with a high content of 1.3/1.6-beta-glucans and other bioactive substances in the natural ratio of the source mushroom.



## Agaricus 100g

*Agaricus blazei* Murill  
Almond mushroom

Almond mushroom supports the natural immunity.



## Hericium 100g

*Hericium erinaceus*  
Lion's Mane

Hericium cleanses Wei Re (Stomach heat), which tends to rise.



## Shiitake 100g

*Lentinula edodes*

Due to its high content of bioactive substances, it is called the elixir of life.



## Reishi 100g

*Ganoderma lucidum*

Reishi supports natural immunity and vitality. It has tropism to Heart.



## Auricularia 100g

*Auricularia polytricha*  
Wood Ear

According to Chinese medicine, Wood Ear revives Xue (blood) and breaks blockages.



## Cordyceps 100g

*Cordyceps militaris*

The Tibetan Cordyceps is the greatest recharger of lost energy among medicinal mushrooms.



## Chaga 100g

*Inonotus obliquus*

It has tropism to the Intestines. It contains active substances such as betulin or terpenes.



## Maitake 100g

*Grifola frondosa*  
Hen-of-the-Woods

It strengthens Pi (Spleen) and Wei (Stomach) to be able to transform Gu (food) more effectively.



# Honey with herbs and medicinal mushroom extracts

Honey is a great, healthy food. It is a major source of important vitamins, minerals and amino acids. For our MycoMedo honey line, we chose flower honey from the Rokytník Bee Farm from the untouched ecologically unique landscape of the Broumovsko Protected Landscape Area – that is, from an area unburdened by industry. We added extracts from medicinal mushrooms and herbs to the honey, thus improving the effects of the honey itself.





## MedoComplex

*Reishi, Cordyceps, Agaricus, Shiitake and Acerola in honey 400g*

A mixture of honey and four medicinal mushrooms to support the immune system.



## MedoCordyceps

*Cordyceps and Acerola in honey 400g*

Cordyceps with honey is a powerful natural recharger of lost energy.



## MedoGastro

*Hericium, Acerola and ginger in honey 400g*

A mixture of honey and Hericium to support good digestion.



## MedoReishi

*Reishi and Acerola in honey 400g*

Reishi with honey supports the natural immunity.



## MedoSleep

*Reishi, Jujube and Liquorice in honey 400g*

A mixture of honey, mushrooms and herbs to promote good sleep.

# About herbal tinctures

YaoMedica is a brand of a very wide range of alcohol herbal tinctures, which are based on proven traditional Chinese medicine recipes. The tinctures are based on Chinese herbs and mushrooms (in Chinese medicine, it is called Yao). Chinese medicine rarely uses individual herbs alone, but always in combination with several species. They are cooked or macerated together. Only by their interaction can the desired effect be achieved.

There are several ways of processing Yao in Chinese phytotherapy. Decoctions are most often used, where herbs are boiled in water for about 20 minutes. Another option is tablets or wans, where the herbs are extracted and compressed into small balls. Tinctures (also called 'medicinal wines' in ancient China) are the third form of processing that uses the effects of alcohol. The use of alcohol in the production of tinctures has its purpose. It helps to better extract bioactive substances from each Yao and supports their absorption into the

human body. Alcohol was found to extract more bioactive substances than, for example, the production of tablets. It is also important to realize that alcohol itself is very yang and has a 'moving' effect. The record on oracle bones from the Shang Dynasty (1765–1122 BC) is considered to be the oldest herbal recipe in China. Mentions of tinctures can also be found in the preserved works of old masters, e.g. Zhang Zhong Jing used alcohol in several of his famous recipes, Master Sun Si Miao used over 80 kinds of tinctures, etc.



**YaoMedica®**  
tinctures

# About the YaoMedica brand and company

YaoMedica is a leading European manufacturer and seller of a wide range of alcohol herbal tinctures based on proven traditional Chinese medicine recipes. The company's activities also include comprehensive therapeutic, advisory and educational services for the professional and lay public.

*'We founded the YaoMedica brand mainly because it effectively complements our second MycoMedica project, through which we offer a full range of medicinal mushroom products. Although medicinal mushrooms are a real gift of nature and can help with a variety of imbalances, there are areas where it is better to use our*

*alcohol herbal tinctures based on traditional Chinese medicine recipes. The composition of our herbal tincture recipes is therefore based on more than 2,000 years of experience and their positive effect on the human body is confirmed by millions of users around the world.'*

## Herb testing

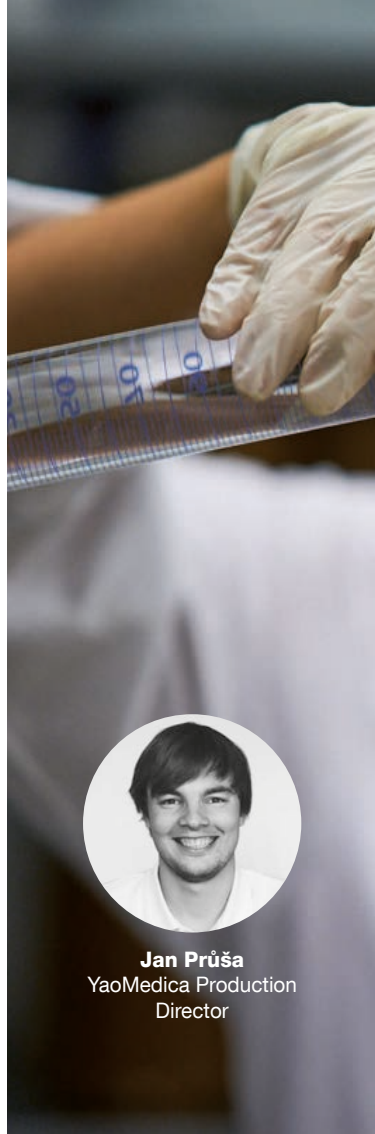
We use only the highest quality ingredients grown in an ecologically clean environment for the YaoMedica tinctures.

We make sure that the herbs do not contain pesticides, heavy metals or various microorganisms. Tinctures are subject to

rigorous laboratory tests. We use HACCP certification standards for the production of tinctures.



**Jan Průša**  
YaoMedica Production  
Director





# Method of processing

## Quality of ingredients

We are particular about our tinctures being high-quality, safe and, most importantly, effective. That is why we choose suppliers of ingredients of the highest possible quality. We gradually test all tinctures for harmful substances.



## Preparation of alcohol

Pure alcohol with a concentration of 96.47 % is diluted with distilled water so that the final alcohol concentration is 50 %. It is the optimum for our maceration



1.

2.

3.

4.



## Preparation of herbal mixture

We weigh and mix the herbs according to the traditional recipe. We grind the mixture of herbs into a fine powder in a cutting mill so that it reacts better with alcohol.



## Maceration

We mix alcohol with herbs and macerate for at least 30 days.

We shake and dynamize the glasses by hand every day to extract the bioactive substances in the best possible way.

## Pressing

Pour the contents of the glasses into a powerful press after 30 days. We manually press it over a textile canvas, thus obtaining a clear tincture. We do not dilute the finished tinctures in order to maintain their strength.



## Design

We want our tinctures to be not only effective but also beautiful to look at. That is why we approached the well-known Czech painter Markéta Vydrová to create all the subtle and imaginative illustrations for us.



5.



6.

## Filling the tinctures

We pour the filtered tinctures into a filling machine, from which we fill the tinctures into bottles.

7.



8.

## Testing

It is important that tinctures do not contain harmful substances. We have the produced tinctures tested in an independent laboratory.

# Dosage of herbal tinctures



Always shake  
the bottle  
before use.



Divide the daily dose  
into two parts  
(morning and evening).



The daily dose is  
1 drop per 1 kg of  
body weight.  
If you weigh 60 kg,  
your daily dose is: 2  
x 30 drops.



We use tinctures on an  
empty stomach – that  
is, at least 30 minutes  
before meals or 60  
minutes after meals.  
If you cannot drink  
alcohol (e.g. children),  
drip a tincture into  
the cup and pour on  
a small amount of boil-  
ing water. The alcohol  
will evaporate in a few  
minutes.

The bottle contains  
50 ml/1100 drops.

In some cases, it is possible to increase the daily dose up to three times (in this case, we recommend a professional consultation, e.g. in our Advisory Centre at [www.YaoMedica.com](http://www.YaoMedica.com)).





# Advice

We offer free professional advice  
for our products  
(Advisory Centre at [www.YaoMedica.com](http://www.YaoMedica.com)).

We know the vast majority of doctors and therapists who use our herbal tinctures, so we have immediate feedback on their effects. Every year we organize all-day educational seminars where we talk about the effects of herbal tinctures so that even a regular customer unfamiliar with Chinese medicine can learn to use them correctly.



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MycoMedica Expert Advisor  
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**Mgr. Michaela Gaydošová**  
MycoMedica Expert Advisor

# FAQs

**Are YaoMedica tinctures also suitable for children and drivers since they contain alcohol?**

Yes, they are suitable for both children and drivers. For children, it is advisable to pour about 1 dcl of boiling water over a given dose to make the alcohol evaporate within 5 minutes. We also did tests for drivers. After using 100 drops of tincture, the alcohol evaporates from the blood within 15 minutes (or it is not measurable by a breathalyser used by the Police of the Czech Republic). However, each of us has a different metabolism, so this information is indicative.

**Is it possible to combine different YaoMedica tinctures at once?**

We usually do not recommend taking multiple tinctures at one time. In general we recommend taking a maximum of 2 tinctures in one day each at a different time. One in the morning and the other in the evening. If you are unsure, use our Advisory Centre.

**What happens if the use of tinctures is interrupted for 1 or 2 days, e.g. if one forgets?**

Tinctures should be taken regularly. However, if you forget, nothing happens, feel free to continue the use.

**Is it possible to combine Yao-Medica tinctures with MycoMedica medicinal mushrooms?**

Yes, our doctors and therapists do it routinely in their practice but you should know why you are doing it and what you want to achieve. We usually recommend administering a tincture first and then medicinal mushrooms with an interval of about 15 minutes.

**How to store YaoMedica tinctures?**

Store tinctures in the original dark bottle, preferably at room temperature. They should not be exposed to the sun or high temperatures.

**Is it possible to combine Yao Medica tinctures with food supplements or medicines?**

Yes, but take them at a different time of the day and follow the 'on-an-empty-stomach' principle even in relation to food supplements or medicines.

**Can I overdose on tinctures?**

No if you follow the recommended dosage.

**Do I see a slight cloudiness in the bottle? Is this OK?**

Yes, slight cloudiness is perfectly normal. It is always a good idea to shake the bottle well before use.

**If I take tinctures, can I stop taking the medication prescribed by my doctor?**

No. Medicines can only be discontinued by the doctor who prescribed them.





# Herbal tinctures based on traditional Chinese recipes

Yao means ‘medicinal’ – a herb, mineral or clam. Chinese medicine uses each Yao alone, but always in combination of several types. They are cooked or macerated together. Only by their interaction can the desired effect be achieved. The use of alcohol in the production of tinctures has its purpose. It helps to better extract active substances from each Yao and supports their absorption into the human body. It was found that alcohol extracts more active ingredients than, for example, the production of wans.

001



## Breaking the Chains

based on a traditional recipe  
**Xiao Yao San**

The tincture addresses the disharmony between Gan (Liver) and Pi (Spleen) and Gan Yu (Liver stagnation), causing somatization of stress. It also nourishes Xin Gan Xue (Blood of the Heart and Liver). Thanks to Liquorice, it supports mental health – the nervous system.

002



## Break the Dam

based on a traditional recipe  
**Gu Zhen Jia Mai Ya Wan**

The tincture is suitable for maintaining normal prostate function thanks to Saw Palmetto. Suitable for Shen Yang Xu (Kidney Yang deficiency), Shi Re (damp heat) and Xue Yu (blood blockage) in the lower abdomen.



003

## Relaxed Support

based on a traditional recipe  
**Tong Yao Zhui Tang**

The tincture releases Yao Tong (lumbar energy) and breaks Xue Yu (blood stasis) which can accumulate in the lumbar region mainly due to excessive strain or inappropriate movement habits. Also suitable for Bi Zheng, eliminates Feng (wind) and Shi (dampness).



004

## Clear Path

based on a traditional recipe  
**Mu Xiang Shun Qi Wan**

The tincture releases the blocked Qi Wei and Chong (energy of the Stomach and Intestines). It mobilizes blockages in digestion. It harmonizes Gan (Liver) and Pi (Spleen) in the stagnation of Gan Qi (Liver Qi energy) attacking Wei (Stomach). Mint, Ginger and Sedge support digestion.



005

## Nose Breeze

based on a traditional recipe  
**Bi Yan Wan**

The tincture opens the upper orifices associated with Fei Qi (Lung Qi). It opens the surface and removes Feng Re or Feng Han (hot or cold wind). It releases Tan (phlegm) and Qi (energy) blockages in the respiratory system.



006

## Awakened Energy

based on a traditional recipe  
**Bu Zhong Yi Qi Tang**

The tincture strengthens the lifting function of Pi Qi (Spleen energy) and strengthens the body's overall energy. It raises Zang Fu organs (in case of prolapse), helps to stop the flow of Xue (blood) if Pi (Spleen) does not hold Xue (blood) in the blood vessels. Milkvetch supports immunity and ginger vitality and energy.



007

## Drunken Master

based on a traditional recipe  
**Ge Hua Jie Cheng Tang**

Tincture suitable for hangover. From the point of view of Chinese medicine, it removes Shi Re (dampness and heat) created in the body after drinking alcohol, harmonizes the centre and strengthens Pi (Spleen). Thanks to Cardamom, it supports the normal functioning of the kidneys and urinary system.



008

## Relaxed Paths

based on a traditional recipe  
**Shu Jing Huo Xue Tang**

Tincture suitable for Bi Zheng (musculoskeletal system imbalances), makes Jing (meridians) passable, breaks Xue Yu (blood stasis). It further revives Xue (blood) and eliminates Feng Shi (wind dampness) from the body. Angelica supports the normal condition of the joints.



009

## Strengthened Support

based on a traditional recipe  
**Du Huo Ji Sheng Tang**

The tincture releases Yao Tong (loin energy) and strengthens Shen Yang (Kidney Yang). It eliminates Feng Shi, Han and Re (wind dampness, cold and heat) which cause Bi Zheng (blockages of Qi and musculoskeletal system blood). Thanks to Siler, it supports the normal condition of the joints.



010

## Opening Door

based on a traditional recipe  
**Xiao Chai Hu Tang**

The tincture harmonizes Shao Yang (the paths around the ear) and promotes Zheng Qi (proper Qi energy). Thanks to Ginseng, it supports the natural immunity and has the ability to expel Fu Xie (hidden pathogen).



011

## Mountain Thunder

based on a traditional recipe  
**She Mu Tang**

The tincture cleanses Feng Re (heat in the Lungs) and removes Tan Re (hot phlegm) from Fei (Lungs). It also drains Huo Du (fire toxin) from Fei (Lungs). Thanks to Liquorice, it supports the normal functions of the respiratory and immune systems.



012

## Breaking the Blocks

based on a traditional recipe  
**Gui Zhi Fu Ling Wan**

The tincture breaks Xue Yu (blood stasis) in the lower abdomen. It also revives Xue (blood) and breaks Zhen Jia (fixed abdominal masses). Thanks to Peony, it directs action to the lower abdomen. This problem is usually caused by Gan Yu (Liver stagnation), which is related to stress.



013

## Empress' Plaits

based on a traditional recipe  
**Nu Huang Bian Zi Tang**

The tincture nourishes Gan (Liver) and Shen (Kidney) and supports the hair. It nourishes Xue (blood) in Gan (Liver) and Yin (moisture, nutrition) and the essence of Jing in Shen (Kidney). It supports hair quality.



014

## Round Buddha

based on a traditional recipe  
**Ti Zhong Jian Qing Tang**

The tincture is used to control body weight thanks to Orange Tree. From the point of view of Chinese medicine, it strengthens Pi Qi (Spleen energy), harmonizes Wei (Stomach) and removes Shi (dampness) from the body, which is always related to overweight.



015

## Heaven's Bridge

based on a traditional recipe  
**Jing Fang Er Hao Tang**

The tincture releases Xue Yu (blood stasis) in the cervical spine region. Thanks to Angelica, it maintains the normal condition of the joints and bones. It releases Xue Yu (blood stasis), stiffness in Luo (side pathways leading Qi energy in the body) and makes it passable.



016

## Sharp Senses

based on a traditional recipe  
**Yi Qi Cong Ming Wan**

The tincture nourishes Gan (Liver) and Shen (Kidney) and directs Qi (energy) into the 'upper orifices' of the ears and eyes. According to Chinese medicine, good hearing is related to the quality of Shen (Kidney) and good eyesight is related to the quality of Gan (Liver).



017

## Toxin Remover

based on a traditional recipe  
**Lian Qiao San Gen Tang**

The tincture cleanses Re Du (toxic heat) from the neck region. It also cleanses Feng Re (wind heat) and regulates the Tai Yang and Yang Ming layers when attacked by wind. Thanks to Peppermint, it supports the normal functions of the respiratory system.



018

## Pearl's Purity

based on a traditional recipe  
**Zhen Zhu An Chuang Tang**

The tincture cleanses Du (toxin) and Shi Re (damp heat) from the surface layers of the body, mainly in the facial area. Pearl powder was used to brighten the skin in ancient China. It can also break Xue Yu (blood stasis).



019

## Cold Ground

based on a traditional recipe  
**Shao Fu Zhu Yu Tang**

The tincture activates the Xue (blood) circulation and breaks Xue Yu (blood stasis/blockages) in the lower abdomen and warms it. Thanks to Peony, it supports the health and normal function of the urogenital system in women. Suitable for women sensitive to the cold. It can also be used during menstruation.



020

## Warm Chamber

based on a traditional recipe  
**Zan Yu Tang**

The tincture strengthens and warms Shen (Kidneys) and thus promotes the 'sowing of the earth'. In addition to Shen, it also supports Pi (Spleen) and replenishes Xue (blood). Angelica supports the normal functioning of the female urogenital system and, thanks to Ginseng, sexual health.



021

## Unicorn's Strength

based on a traditional recipe  
Yu Lin Zhu Tang

The tincture replenishes Qi (energy), Xue (blood), Gan (Liver), Pi (Spleen) and Shen (Kidney). From the point of view of Chinese medicine, this means that it supports all the elements important for the 'sowing of the earth'. Thanks to Angelica, it supports the normal functioning of the urogenital system in women.



022

## Restored Voice

based on a traditional recipe  
Hai Zi Qi Tang

The tincture moistens Fei (Lungs) and thus the vocal cords. Thanks to Myrobalan, it supports the normal functions of the respiratory system. In addition, it removes Tan (phlegm), purifies Fei Re (Lung heat) and nourishes Fei Yin (Lung Yin).



023

## Warm Flow

based on a traditional recipe  
Wen Jing Tang

The tincture warms Shen (Kidneys) and harmonizes and nourishes the meridians of Ren Mai (conception pathway) and Chong Mai (central pathway). Overall, the tincture disperses Han (cold), replenishes Xue (blood) and breaks Xue Yu (blood stasis) in the lower emitter (lower abdomen).



024

## Liver Detox

based on a traditional recipe  
Huang Fu Gui Tang

The tincture harmonizes Gan (Liver). Thanks to Turmeric, it supports normal liver function. It replenishes and moves Gan Xue (Liver blood), removes Du (toxin) and Shi Re (moist heat), releases Gan Yu (Liver stagnation), which is caused by stress or suppressed emotions.



025

## Reishi

*Ganoderma lucidum*  
Reishi

The tincture with Ganoderma supports the natural immunity and vitality. It maintains normal circulatory system functions and normal blood cholesterol levels. Reishi harmonizes Xin (Heart), both its physical and mental functions.



026

## Cordyceps

*Cordyceps militaris*  
Cordyceps

The tincture strengthens Shen Jing and Yang (Kidney essence) and Fei Yin (Lung Yin), replenishes Shen Yang (Kidney Yang), strengthens Fei Yin (Lung Yin), transforms Tan (phlegm), calms Shen (spirit), supports Wei Qi (defensive Qi). It is a strong tonic.



## Ren Shen

*Panax ginseng*  
**Ginseng**

The tincture strengthens the overall Qi (energy), is suitable for fatigue and exhaustion. It harmonizes mental state, performance, concentration, coordination, relieves stress. It is suitable for fatigue, supports memory. It improves cognitive and mental performance. It promotes vitality and sexual health.



## Lycium (Goji)

*Lycium chinense*  
**Chinese wolfberry**

The tincture replenishes Shen Gan Yin (Kidney and Liver Yin). It is also the reason why it brightens the eyesight. From the point of view of Chinese medicine, it nourishes Fei Yin (Lung Yin), which nourishes and hydrates the whole organism. It contains a considerable amount of vitamins and minerals.



## Dang Gui

*Angelica sinensis*  
**Chinese angelica**

The tincture replenishes and moves Xue (blood). It is called female ginseng. It is used to refresh the body, maintains the normal condition of joints and cartilage, supports metabolism, normal activity of the urogenital system in women and normal function of the blood system – oxygen transport.



## Chaga

*Inonotus obliquus*

The tincture removes Shi Re (damp heat) from Gan (Liver), Dan (Gall bladder) and Chong (Intestines). It nourishes Gan (Liver), Shen (Kidney) and Xin (Heart). It transforms Tan (phlegm) and revives Xue (blood). It has An Shen effect (calms the spirit). It supports Wei Qi (defensive Qi).



## Hericium

*Hericium erinaceus*  
**Lion's Mane**

The tincture purifies Wei Re (heat in the Stomach) and harmonizes Wei (Stomach) and regulates its Qi energy. It replenishes Pi (Spleen) to help with digestion. It calms Shen (spirit) and thus strengthens the activity of the brain. According to Chinese medicine, it affects all organ systems.



## Maitake

*Grifola frondosa*  
**Hen-of-the-Woods**

The tincture harmonizes Pi (Spleen) and Wei (Stomach). It replenishes Pi (Spleen) and its Qi energy, thus removing Shi (dampness). It also tones Shen (Kidneys) and Gan (Liver). It purifies Re (heat) and soothes Shen (spirit).



033

## Dragon's Breath

based on a traditional recipe  
**Chuan Xin Lian Kang Yan Wan**

The tincture removes Feng Re (wind heat) and Du Re (toxic heat) from the Fei system (Lungs). It cools Re (heat). Thanks to Creat, it supports the normal function of the respiratory system and natural immunity. It also cleanses.



034

## Deer's Strength

based on a traditional recipe  
**You Gui Wan Jia Jian**

The tincture strengthens Shen Yang (Kidney Yang) with an emphasis on human sexuality. The tincture is aimed primarily at men, but may also be suitable for women, especially if they are sensitive to the cold. Thanks to Dogwood, it affects the normal functioning of the urogenital system in men.



035

## Cracked Branch

based on a traditional recipe  
**Gu Sui Bu Wan**

The tincture strengthens Shen (Kidney) and Gan (Liver) to harmonize Gu (bones). It nourishes and strengthens Gu. It releases Xue Yu (blood stasis) caused by trauma. Thanks to Angelica, it supports the normal condition of joints and cartilage.



036

## Eight Pearls

based on a traditional recipe  
**Ba Zhen Tang Jia Jian**

Tincture for total strengthening of Qi (energy) and Xue (blood), e.g. strengthening of energy after childbirth. Qi and Xue (blood) are substances that our body make from food. We can imagine them as the fuel that makes our body and mind work.



037

## Peaceful Chamber

based on a traditional recipe  
**An Shen Bu Xin Tang**

The tincture calms the excessive activity of Xin (Heart) and has the An Shen effect (harmonizes the soul). Thanks to Magnolia-Vine, it acts as an adaptogen, which means that it improves the ability to adapt to changing conditions. Knotweed supports the normal functioning of the cardiovascular system.



038

## Clear Mind

based on a traditional recipe  
**Bu Nao Yang Shen Tang**

The tincture nourishes Nao Qi (brain Qi energy). Suitable for people with excessive mental stress. It calms the soul of Shen, strengthens Shen (Kidneys), nourishes Xin (Heart) and improves communication between Xin and Shen. Thanks to Magnolia-Vine, it acts as a tonic and support for mental well-being.



## Heavenly Empress

based on a traditional recipe  
**Tian Wang Bu Xin Dan**

The tincture nourishes Shen Yin (Kidney Yin) and the Heart Xin Yin (Heart Yin), replenishes Xue (blood) and Xin (Heart). It cools Xu Re (heat from inadequacy) and soothes Shen (spirit). It is suitable for menopausal women. Thanks to Magnolia-Vine, it supports mental well-being.



## Clean Granary

based on a traditional recipe  
**Jian Pi Tang**

The tincture promotes digestion and appetite. Thanks to Hawthorn, it supports normal functions of the intestinal tract and normal digestion. From the point of view of Chinese medicine, it strengthens Pi Qi (Spleen energy), which is responsible for the digestive process, for converting food into Qi energy and blood.



## Nephrite Veil

based on a traditional recipe  
**Te Xiao Bi Min Gan Tang**

The tincture removes Feng Re (wind heat) from the path of Fei (Lungs), opens the nasal passages, cleanses Shi Re (damp heat), strengthens Fei Qi (Lung Qi energy), removes Tan (phlegm). This makes it especially suitable in the spring season. Thanks to Angelica, it supports the normal functions of the respiratory system.



## Anchored Idea

based on a traditional recipe  
**Gui Pi Wan**

The tincture strengthens Pi Qi (Spleen Qi energy) while nourishing Xin Xue (Heart blood). This calms Shen (spirit). It is excellent for conditions that we would call 'excessive contemplation'. Thanks to Ginseng, it supports mental state and concentration.



## Shy Doe

based on a traditional recipe  
**Shi Wei Wen Dan Tang**

The tincture strengthens Dan (Gall bladder) and Xin (Heart), thus supporting determination. It also calms the Shen spirit and transforms Tan (phlegm). It is suitable for people who are easily discouraged by the first failure and who have low self-esteem.



## Sea of Sighs

based on a traditional recipe  
**Zi Shui Qing Gan Yin**

The tincture releases Gan Yu (Liver stagnation), helping to release various energy blockages of Qi in the body. Thanks to Xin Xue (Heart blood) nutrition, it calms Shen (soul) and thus helps to harmonize mental balance.



045

## Burning Bush

based on a traditional recipe  
**Chai Ge Jie Ji Tang**

Tincture for acute Feng Re (wind heat), which blocks the pathways. It is for states where Feng Re passes from the Tai Yang layer to the Yang Ming layer and thus the symptoms of this layer intensify. According to Chinese medicine, it also 'relaxes meat'.



046

## Nine Herbs

based on a traditional recipe  
**Jiu Wei Qiang Huo Tang**

Tincture for acute Feng Shi (wind dampness), which blocks the pathways. The tincture will help to remove this pathology from the body by triggering Han (it opens the pores and triggers sweating, thus removing Shi – dampness). It purifies Nei Re (inner heat).



047

## White Cocoon

based on a traditional recipe  
**Pu Ji Xiao Du Yin**

Tincture for neck problems caused by Feng Du Re (wind hot toxin). It is suitable for various types of Fu Xie (hidden pathogens), which tend to settle mainly in the neck and head regions. Thanks to Burdock, it supports normal upper respiratory tract functions and immunity.



048

## Removed Rocks

based on a traditional recipe  
**Da Po Dan Jie Shi Tang**

Tincture for Dan Shi Re (damp heat in the Gall bladder). We clog our body with various impurities because of poor lifestyle choices. Chinese medicine calls them Shi Re (damp heat). Thanks to Turmeric, it supports normal liver function and normal digestion.



049

## Grandfather's Memories

based on a traditional recipe  
**Xiao Yi Qi Er Gui Tang**

The tincture that opens the offices of Xin (Heart) and nourishes it, calms Shen (soul; which is our psyche), releases Xue Yu (blood stasis) and revives Xue (blood). These are all imbalances that old age brings. Thanks to Ginseng, it supports memory.



050

## Cinnamon Caress

based on a traditional recipe  
**Gui Zhi Tang**

Tincture for the acute intrusion of Feng Han (wind cold) into the weakened surface muscle layer of Tai Yang. It regulates Da Han (excessive sweating). It harmonizes Wei (defensive) and Ying (nourishing) Qi energy. It is widely used due to its ability to harmonize Yin and Yang.



051

## Gentle Waves

based on a traditional recipe  
**Chai Hu Shu Gan Tang Jia Jian**

The tincture releases Gan Yu (stasis of Liver Qi energy) in the chest region. Gan Yu is usually caused by emotional fluctuations and stress. It manifests itself in blockages on both the physical and mental levels. We call this somatization of stress.



052

## Rooster Jump

based on a traditional recipe  
**Gu Ci Xiao Tong Pian**

Tincture that moves blockages of Tan (phlegm) and Xue (blood) mainly in the lower limbs. It also strengthens Shen (Kidneys) and the essence of Jing that is stored in them. Angelica supports the normal condition of joints and cartilage.



053

## The Emperor's Blockade

based on a traditional recipe  
**Xue Fu Zhu Yu Tang**

The tincture is based on a traditional Chinese medicine recipe which moves Xue (blood), breaks Xue Yu (blood stasis) over the diaphragm and releases Xin Bi (Heart blockages). Angelica supports the normal functions of the blood system – oxygen transport.



054

## White River

based on a traditional recipe  
**Wan Dai Tang**

The tincture removes Shi (dampness) and strengthens Pi Qi (Spleen energy) at Dai Xia (discharge). The weakened Pi system (Spleen, digestion) creates excessive dampness Shi in the body. Shi drops down due to its heavy nature and often manifests itself as Dai Xia (discharge).



055

## Velvet Stream

based on a traditional recipe  
**Tong Chang Pian**

The tincture moisturizes Chang Zao (dryness of the Intestines). It supports stool movement. Eating is also important. As Chinese doctors say, 'it's not enough to drink water, you have to eat water'. That is, it is necessary to eat enough food containing water – vegetables, fruits, cooked or steamed dishes.



056

## Sailor's Step

based on a traditional recipe  
**Ban Xia Bai Zhu Tian Ma Wan**

The tincture disperses Nei Feng (inner wind) and removes Shi and Tan (dampness and phlegm). Due to the weakened Qi energy of the Spleen, Shi and Tan begin to form in the body, which rise with Nei Feng to the head where they accumulate and block the flow of Qi. Risk of Zhong Feng.



057

## Peaceful Sleep

based on a traditional recipe  
**Te Xiao Zao Ren An Mian Wan**

The tincture nourishes Yin/Xue (Yin/blood) in Gan (Liver) and Xin (Heart). Apart from eating, controlling emotions and adequate exercise, sleep is one of the four pillars of our lives. Thanks to Magnolia-Vine, it supports mental well-being.



058

## Kind Grandfather

based on a traditional recipe  
**Suan Zao ren Tang Jia Wei**

The tincture nourishes Xin (Heart), thus eliminating irritability. From the point of view of Chinese medicine, men over the age of 50 experience a loss of Shen (Kidney) energy. Their Yang escapes to Xin (Heart), warms it and disturbs Shen (soul). It causes irritability or inappropriate reactions to common situations.



059

## Dry Nights

based on a traditional recipe  
**Zhi Xiao Er Yi Niao Tang**

The tincture combines two traditional recipes. The first is Bu Zhong Yi Qi Tang that strengthens Pi (Spleen) and supports its lifting function. The second mixture is Suo Quan Wan, which strengthens Shen (Kidneys), grips and prevents the escape of the essence of Jing and other Jin Ye (fluids).



060

## Two Mature Ones

based on a traditional recipe  
**Er Chen Tang**

The tincture removes Tan (phlegm) from the body. The recipe dates back to the 11th century and is used to remove Shi Tan (damp mucus) from the body. Tan is caused by the weakening of Fei (Lungs) after repeated intrusions of the outside wind and weakened Pi (Spleens) due to inappropriate eating habits.



061

## Restless Monkey

based on a traditional recipe  
**An Shen Wan Jia Wei**

The tincture harmonizes Shen (Kidneys) and Xin (Hearts) and calms Shen (spirit). This is most often manifested by a lack of attention, impatience, constant movement and impulsivity. Ginseng promotes mental state, performance, concentration and coordination. Liquorice affects mental health.



062

## Easy Breathing

based on a traditional recipe  
**Ke Chuan Pian**

The tincture is used to release Fei (Lungs) in cases of Feng Han (cold wind) invasion. Tan (phlegm) is often present. Usually based on Pi Qi Xu (weakened Spleen) due to poor eating habits. Thanks to Perilla, it supports the normal functions of the respiratory system.



063

## Tom-Tom Rumbling

based on a traditional recipe  
**Su Zi Jiang Qi Wan**

The tincture withdraws the rebellious Fei Qi (Lung energy), strengthens Fei (Lungs) and Pi (Spleen) and transforms Tan (phlegm). Fei (Lungs), with their descending function, are supposed to 'spray' the energy of Qi created from food and breathing. Thanks to Liguorice, it supports the normal functions of the respiratory system.



064

## The Emperor's Treasure

based on a traditional recipe  
**Rou Fu Bao Yuan Tang**

The tincture strengthens Xin Qi (Heart energy) and strengthens it. From the perspective of Chinese medicine, we can weaken Xin Qi with emotions such as hatred, excessive desire, guilt, sadness or excessive joy. All this drains Xin Qi. Thanks to Milkvetch, it supports the normal functioning of the cardiovascular system.



065

## Young Again

based on a traditional recipe  
**Huan Shao Dan**

Tincture to keep youth until old age. Thanks to Magnolia-Vine, it is a tonic that supports mental well-being. Sweet flag helps to refresh the body and Ginger supports tone, vitality, immunity and energy. It also supports normal function of the airways, cardiovascular system and digestion.



066

## Opening the Basket

based on a traditional recipe  
**Gu Lou Xie Bai Jiu Tang**

The tincture transforms Tan (phlegm) and releases blocked Fei Qi (Lung energy). The traditional mixture used by old doctors for Xin Bi (Heart blockages), caused by Bi Tan (phlegm blockages in the chest). The main herb of the mixture is trichosanthes.



067

## Relaxing the Branches

based on a traditional recipe  
**Sang Feng Teng**

The tincture breaks Xue Yu (blood stasis) in the elbow region. Excessive strain or injury will disrupt the flow of Qi energy in the pathways leading through the elbow. In these places, the pathways are relatively narrowed, making them more susceptible to the formation of Xue Yu (blood blockages).



068

## Hammer the Gu

based on a traditional recipe  
**Su He Tang**

Tincture for Tin Xie (hidden pathogen). With its sharp and aromatic Yao, it helps drive out Gu ('worms'), remove Feng (wind) and Shi (dampness). It also replenishes Qi (energy) and Xue (blood) and moves Xue (blood). Ginseng, Milkvetch and Mint support the immune system.



069

## Hammer the Gu – Joints

based on a traditional recipe  
**Su He Tang Guan**

Tincture for Tin Xie (hidden pathogen). With its sharp and aromatic Yao, it helps drive out Gu ('worms'), remove Feng (wind) and Shi (dampness). It also replenishes Qi (energy) and Xue (blood) and moves Xue (blood). Liquorice supports the normal condition of the joints.



070

## Hammer the Gu – Nerves

based on a traditional recipe  
**Su He Tang Nao Guo**

Tincture for Tin Xie (hidden pathogen). With its sharp and aromatic Yao, it helps drive out Gu ('worms'), remove Feng (wind) and Shi (dampness). It also replenishes Qi (energy) and Xue (blood) and moves Xue (blood). Mint promotes relaxation and natural immunity.



071

## The King's Thumb

based on a traditional recipe  
**Tong Yong Tong Feng Tang**

The tincture removes Shi Re (damp heat) from the big toe region. It also breaks Xue Yu (blood stasis), releases Re Bi (hot blockages) and makes Luo pathways passable. We recommend moderation in the diet and limit hot, fried and spicy dishes and especially alcohol.



072

## Outer Relief

based on a traditional recipe  
**Shan Ci Nan Jing**

The tincture removes Shi Re (damp heat) from the big toe region. Its main use is relief in Bi Zheng of the hot type, which is most common on the big toes. The herbs contained in the tincture help restore the circulation of Xue (blood) and Qi energy in the affected area.



073

## Tooth Fairy

based on a traditional recipe  
**Chi Tong Tang**

The tincture moves Xue Yu (blood stasis) in the tooth region. As the poetic name suggests, the mixture is designed to be applied to gums. Thanks to the content of Ginseng, the tincture supports blood circulation and cloves support blood supply.



074

## Calm Surface

based on a traditional recipe  
**An Shen Ding Zhi Wan**

Tincture with a strong An Shen effect, harmonizes Shen (soul). The mixture contains herbs that nourish Xin Xue (Heart blood), creating an anchor for our Shen. If the soul does not have a sufficient anchor, it tends to fly. We are then mentally unanchored and easily disturbed.



## Six Noblemen

based on a traditional recipe  
**Liu Wei Di Huang Wan**

The tincture nourishes Shen Yin (Kidney Yin). Dogwood helps the normal functioning of the urogenital system in men and Chinese foxglove supports the normal functioning of the vascular system and blood pressure. It also maintains normal blood glucose levels, which is in line with the Chinese concept of this mixture.



## Silence the Bells

based on a traditional recipe  
**Er Long Zuo Ci Wan**

The tincture replenishes Shen Yin (Kidney Yin) and conducts energy to the ears. It is one of the versions of Liu Wei Di Huang Wan, which nourishes Liver and Kidney Yin. Yao magnetite helps keep excess Yang from falling into your ears. Chinese foxglove supports the normal functioning of the vascular system and blood pressure.



## Fresh Breeze

based on a traditional recipe  
**Zhi Bai Di Huang Wan**

The tincture replenishes Shen Yin (Kidney Yin) and cools Xu Re (heat from emptiness). In women over the age of 38, Yin, moisture and nutrition usually begin to become more depleted and Yang, which creates Xu Re (empty heat), begins to predominate. Thanks to Chinese Foxglove, it supports the normal functioning of the vascular system and blood pressure.



## Blue Gentian

based on a traditional recipe  
**Long Dan Xie Gan Tang**

The tincture removes Shi Re (damp heat) from the body. The tincture is used to cool the body, both mentally and physically. It is full heat that acts in different parts of the body. Plantain promotes normal digestion, liver function and cleansing.



## Untangled Knots

based on a traditional recipe  
**Nei Xiao Luo Li Pian**

The tincture breaks Tan (phlegm) forming tangible knots. It can soften knots and loosen tan hardening. It also moves the lymphatic system. Common self-heal, Licorice and Mint in this mixture support the immune system and natural immunity.



## Yellow Dragon

based on a traditional recipe  
**Huang Lian Shang Qing Wan**

The tincture cleanses the body of Du Re (hot toxin) anywhere in the body. Thanks to Chinese Gold-thread, our body can get rid of what the Chinese doctor calls Jie Du (fiery toxicity) quite effectively. Mint in this mixture supports natural immunity.



081

## Gold Vein

based on a traditional recipe  
**Hua Zhi Pian**

The tincture removes Shi Re (damp heat) from the rectal region. Shi Re blocks the flow of Qi and this blockage later turns into hard masses. Chinese Foxglove in this mixture supports the normal functioning of the vascular system.



082

## Red Bruise

based on a traditional recipe  
**Hua Zhi Pian**

The tincture breaks Xue Re Yu (hot blood stasis), which can be caused in the body after various traumas. It is common to use ice for such conditions. But a better option is to move stagnation than to cool it. Angelica in this mixture supports the normal condition of joints and cartilage.



083

## Blue Bruise

based on a traditional recipe  
**Run Hua Jing**

The tincture breaks Xue Han Yu (cold blood stasis). Similar use as mixture 082. But it is rather for stasis that do not tend to be hot. In order for Qi and Xue to flow freely, the blockages need to be broken. Acupuncture or this mixture is a good choice.



084

## Little Joys

based on a traditional recipe  
**Gan Mai Da Zao Pian**

The tincture calms Shen (spirit) and improves mood. Suitable for Qi Xu (lack of Qi energy), Xue Xu (lack of blood) and Qi Zhi (stagnation of Qi energy). Liquorice in this mixture promotes mental health (nervous system), calmness and Turmeric normal nervous system activity.



085

## Little Wind

based on a traditional recipe  
**Xiao Feng Pian**

The tincture removes Feng Re (wind heat) and Xue Re (heat in the blood) from the skin. The exact translation of this mixture is Wind Purifying Powder. Siler and Liquorice in this mixture support the normal condition of the skin.



086

## Hot Waves

based on a traditional recipe  
**Geng Nian An Pian**

The tincture replenishes Shen Yin (Kidney Yin) and cools Xu Re (heat from emptiness), which is created by the relative excess of Yang. Peony in this mixture promotes women's health – menopausal comfort. Magnolia-Vine acts as a tonic and support for mental well-being.



087

## Wind Tower

based on a traditional recipe  
**Huan Tou Tong Pian**

The tincture drains Feng (wind) from the Tou (head) region. Wind tends to expand in the head and form Tou Tong (blockages in the flow of Qi energy in the head). Angelica supports the normal functions of the blood system – oxygen transport.



088

## Calming the Wind

based on a traditional recipe  
**Tian Ma Gou Teng Wan**

The tincture withdraws excess Gan Yang (Liver Yang) or Gan Feng (Liver wind), which rises to the head. Compared to the previous mixture, it is not so much the 'external wind', but the 'internal wind'. It also cools the internal heat accumulated in Gan (Liver).



089

## Rumbling Metal

based on a traditional recipe  
**Bai He Gu Jin Tang**

The tincture nourishes Fei Yin (Lung Yin) and helps with Fei Zao (Lung dryness) conditions. According to Chinese medicine, the Lungs are a fragile organ and are relatively prone to becoming dry. Liquorice in this mixture supports the normal functions of the respiratory system.



090

## Wild Water

based on a traditional recipe  
**Huo Xiang Zheng Qi Pian**

The tincture removes acute Shi Re (damp heat) from Chong (Intestines). It helps to 'disinfect' the Chong system. The mixture is the first one you should take with you on holidays in the summer. Liquorice in this mixture promotes normal digestion.



091

## Wind Surge

based on a traditional recipe  
**Jiang Ya Pian**

The tincture withdraws excess Gan Yang (Liver Yang), which spreads to the whole body. Excessive Gan Yang is usually associated with emotions or stress. Sage in this mixture supports the normal functioning of the vascular system. Chinese Foxglove supports the normal functioning of the vascular system and blood pressure.



092

## Red River

based on a traditional recipe  
**Ba Zheng San**

The tincture cleanses Pang Guang Shi Re (damp heat from the Bladder). The cause may be a direct intrusion of Shi Re (damp heat) into Pang Guang (Bladder) or Shen Yang deficiency (lack of Kidney Yang). In the latter case, it is good to add Cordyceps.



## Cloudy Spring

based on a traditional recipe  
**Li Shui Pai Shi Pian**

The tincture cleanses Pang Guang Shi (cloudy dampness from the Bladder). It helps keep the Pang Guang (Bladder) pathway clean and clears the way of urine. Liquorice in this mixture acts on the urinary and reproductive system.



## Clear Tracks

based on a traditional recipe  
**Xiao Huo Luo Pian**

Tincture for Bi Zheng of Han (cold) and Shi (dampness), releases Xue Yu (blood stasis). Bi Zheng is a state of obstructions and blockages of the musculoskeletal system caused by the invasion of Han (cold) and Shi (dampness).



## Defensive Wall

based on a traditional recipe  
**Yu Ping Feng San**

The tincture supports the body's natural immunity. According to Chinese medicine, Wei Qi (defensive Qi energy). It is a system that defends the surface of our body. In addition to the skin, the mucous membranes of the respiratory and digestive systems are also the surface. Milkvetch in this mixture supports the natural immunity.



## Ringing Bell

based on a traditional recipe  
**Fu Fang Dan Shen Pian**

The tincture releases Xin Yu (blockages of the Heart). Supports Xin (Heart) and cardiovascular health. From the point of view of Chinese medicine, it addresses chest blockages caused by Xue Yu (blood stasis) preventing the movement of Qi in the chest. Sage supports the normal functioning of the vascular system. Ginseng promotes blood circulation.



## Sturdy Bamboo

based on a traditional recipe  
**Zhuang Gu Xiao Ci Pian**

The tincture replenishes Shen Jing (Kidney essence) and Gu (bone). According to Chinese medicine, the Kidneys are responsible for bone quality. Strong Shen (Kidneys) provides the bones with enough nutrients. But with age, the energy in Shen (Kidneys) gradually weakens and thus our bones weaken.



## Fast Waterfall

based on a traditional recipe  
**Xiang Zhi Tang**

The tincture solves the acute counter-movement of Wei Qi (Qi of the Stomach), which is supposed to decrease under normal conditions. Chinese medicine calls this condition the rebel Wei Qi (Qi of the Stomach). Mint in this mixture supports the normal functioning of the digestive system and intestines.



099

## Propolis

### Propolis cera

Propolis tincture contributes to the normal condition of the skin and mucous membranes. Propolis is a resinous substance with a pleasant aroma. It is composed of resin which bees collect from trees and add secretions of their glands to it.



100

## Red Flower

based on a traditional recipe  
**Qing Re Zhi Beng Tang**

The tincture cleanses Xue Re (heat in the blood), which prematurely expels menstrual Xue (blood). It is used for conditions called Beng Lou (excessive bleeding and spotting). According to Chinese medicine, Xue Re (heat in the blood) enters the Gan (Liver) pathway and expels blood from its pathways.



101

## Fast Tadpole

based on a traditional recipe  
**Wu Zi Yan Zhong Wan**

The tincture promotes Jing Gui (fertility essence) in men. It strengthens Shen Jing Qi Yang (essence, Qi and Kidney Yang).



102

## Silver Breath

based on a traditional recipe  
**Shuang Huang Lian Tang**

The tincture stimulates Wei Qi (defensive energy) and eliminates Du (toxin) and Han Xie (cold pathogen) which has already passed through the outer layers. It is especially useful if Han Xie gets to the Fei (Lungs) region where it usually changes to Re (heat).



103

## Notoginseng

based on a traditional recipe  
**San Qi**

A simple mixture composed of three herbs that are used for Zhi Xue (stop the blood) and this is both the main and only use of this mixture. It can be added to other tinctures. Notoginseng and Wormwood are warm and Thuja is cold, so the mixture is thermodynamically balanced.



104

## Energy Balance

based on a traditional recipe  
**Er Xain Tang**

Most herbal recipes used for menopause nourish Kidney Yin; this mixture uses a unique approach in which it replenishes Kidney Yang (Cinnamon, Morinda and Golden Eye-Grass), thus withdrawing the rising empty fire from the insufficiency of Kidney Yin.



105

## Plum Potion

based on a traditional recipe  
**Wu Mei Wan**

A classic mixture from the famous Zhang Zhong-Jing from 220 AD, which he compiled mainly to remove Gu (parasites). Elimination is based on four principles: the sweet taste supports the movement of Gu (parasites, worms), the sour one calms them, the pungent one removes them and the bitter one induces the downward movement.



106

## Sea of Ears

based on a traditional recipe  
**Shen Ling Bai Zhu San**

The traditional recipe from the 11th century, which strengthens Pi (Spleen) and replenishes its Qi – and transforms and removes various forms of dampness, is therefore used for the insufficiency of Spleen Qi with dampness accumulation. It harmonizes Wei (Stomach) and Pi (Spleen). Liquorice promotes normal digestion.



107

## Blooming Garden

based on a traditional recipe  
**Kun Bao Tang**

Kun Bao Tang is used to harmonize the body during menopause. It is an extension of the basic recipe for replenishing Kidney and Liver Yin, enriched with herbs that further nourish Yin and Xue (blood), purify the heat, make Gan (Liver) passable, moisturize the mucous membranes, withdraw Yang and soothe Shen (spirit of Shen).



108

## Rising Cloudy

based on a traditional recipe  
**Ban Xia Xie Xin Tang**

The imperial herb in the recipe is Pinellia which disperses the stagnation in the central emitter region, relieves tension in the abdomen region, thus helping to restore the correct direction of Qi flow. It is assisted by Ginger, which disperses cold accumulations by heating. Baikal Skullcap and Goldthread purify the heat and the trio of Bellflower, Jujube and Liquorice complement the central emitter and strengthen Pi (Spleen). Ginger and Liquorice support digestion.



109

## Flow Release

based on a traditional recipe  
**Tao Hong Si Wu Tang**

Tao Hong Si Wu Tang is one of the most effective mixtures for regulating menstruation, especially when Xue Yu (blood blockages) occurs when blood is currently deficient. This can manifest itself in an extremely wide range of symptoms.



110

## Morning Smile

based on a traditional recipe  
**Kai Xin San**

Kai Xin San, first prescribed by Sun Simiao about 1,400 years ago, is a relatively simple but very effective mixture that contains Ginseng, root of Chinese Senega-Root, Japanese Sweet Flag Rhizome and Hoelen. It is used to induce emotional well-being. Ginseng promotes mental state.

111



## Sugar Loaf

based on a traditional recipe  
**Jian Tang Wan**

Jian Tang Wan is a mixture that nourishes Yin and Qi, creating body fluids. Ginseng root is one of the most famous Chinese herbs and strongly replenishes Qi. Thanks to Ginseng, the tincture is used to maintain normal blood glucose (sugar) levels.

112



## Flow Interruption

based on a traditional recipe  
**Gu Ben Zhi Beng Tang**

One of the tasks of the Spleen is to 'keep Xue (blood) in the blood vessels'. The tincture is used for Beng Lou syndrome – spotting. It uses 6 herbs, the most important of which are Milkvetch, Bellflower and Atractylodes – Qi replenishers; rheumatism and Angelica nourish Xue (blood) and charred Ginger warms up. Milkvetch supports menstrual comfort.

113



## Four Miracles

based on a traditional recipe  
**Si Miao Wan**

The use of this recipe is wide: various manifestations of damp heat, especially in the lower body. It purifies damp heat and hot/fire toxin from lower limb skin and lower emitter region. It also makes pathways and connections passable.

114



## Centre Drive

based on a traditional recipe  
**Ge Xia Zhu Yu Tang**

It is a mixture where the basic pair for moving Xue (blood) in the whole body ('up and down, inside and outside') – plum seed and Safflower flower – is complemented by other herbs acting 'under the diaphragm', in the region of the inner organs, both on the circulation of Xue (blood) and Qi, as well as herbs cooling the heat that arises from stagnation.

115



## Aspen Soothing

based on a traditional recipe  
**Sheng Ming Xi Feng Tang**

The recipe is used for Liver Xue (blood) and Kidney Yin depletion states which fail to nourish and strengthen the tendons. Yin deficiency leads to Yang hyperactivity, which can cause the so-called Liver wind to rise inside. Especially if the wind mixes with Tan (phlegm) and dampness, the network of pathways and connections can become clogged and blocked, resulting in persistent trembling.

116



## Peony Garden

based on a traditional recipe  
**Dang Gui Shao Yao Tang**

The mixture is based on a combination of Peony root and wild Angelica and has been known since the third century, when it was compiled by the famous physician Zhang Zhong-jing. It significantly replenishes Xue (blood) and supports its formation. It is also very suitable for supporting pregnancy. The mixture includes Hoelen and Atractylodes further strengthen Pi (Spleen), which is then better able to form vital substances from food – Qi and Xue (blood).

# Vital cosmetics

More than 10 years of experience with traditional Chinese medicine and medicinal mushrooms have led our family business to the idea that what helps from within will help from outside as well.

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A close-up photograph of a brass bowl filled with dried, dark brown mushrooms, likely Reishi, which have a bumpy, textured appearance. The mushrooms are piled together, with some showing their light-colored gills and stems. In the background, a green plant with serrated leaves is visible, and the overall scene is lit with warm, golden light, creating a natural and medicinal atmosphere.

**Why try Chinese  
medicine?**

## On what principle does acupuncture work?

According to traditional Chinese medicine, Qi flows in the body in the so-called acupuncture pathways like blood in blood vessels. In certain places Qi springs to the surface. We call these places acupuncture points. And with acupuncture needles, we are able to regulate its flow at these points and thus affect the functioning of our body.

## And how does phytotherapy work?

Phytotherapy uses the effects of a wide range of Chinese herbs, mushrooms, but also minerals and animal products. There are also traditional herbal recipes; however, each person is different, and therefore these basic recipes are usually modified according to the specific condition and described imbalances of the body. Other therapeutic methods include qi gong or tuina massage. Recommendations for a change in lifestyle, whether it concerns emotions or eating, are also crucial.

## What about eating?

Improper eating habits are another crucial factor affecting our health. The Chinese say, 'No matter what you eat, you eat it regularly.' Which is a big truth. A regular diet (ideal 3 to 4 times a day and no nibbling in between) has a beneficial effect on the Spleen system, which is one of the pillars of our immunity. Nowadays, however, it is important to look not only at regularity but also at the quality of food. Substitutes,

additives, preservatives, and foods depleted of essential nutrients are not what benefit us. You do not have to eat much but eat good and varied food. In addition, everyone is different, and this must be taken into an account when creating a diet. Food that is beneficial to your body today can harm it in a year. Everything evolves and changes. But it is a longer story. Rather a very long story. Better to visit a Chinese medicine practitioner.

## But how do we know a good Chinese medicine practitioner?

Preferably according to the results of their work or based on the recommendation of friends who already have a positive experience with TCM. A list of proven Chinese medicine practitioners can easily be found on the website of the Chamber of Traditional Chinese Medicine, which guarantees their professional competence.

## Chinese and Western medicine are built on relatively different foundations. How do their views on our immune system differ?

According to Chinese medicine, a healthy body is full of Qi (vital energy) and blood and everything flows smoothly in it. If a person lives reasonably well, then their body has an excellent self-regulatory ability and can handle most fluctuations on its own. However, if the fluctuation exceeds a certain limit, a disease begins. When we talk about the immune system, Chinese doctors use the terms Zheng Qi and Xie Qi.

You can imagine Zheng Qi as all good/physiological in us. On the contrary, Xie Qi are our enemies, everything that throws us off balance, the balance of Yin and Yang. Xie Qi is constantly circling around us, looking for a loop hole to get into our body. If we live reasonably healthy, our body is full of Zheng Qi and the pathogen cannot find its way to invade our body.

## What can we do to have a strong Zheng Qi?

Everyone knows it, yet few people do it. First of all, it is necessary to maintain mental well-being to balance and eliminate stress. The psyche contributes to about 70 % of all our illnesses, so we need to start working with ourselves – the sooner the better. The conclusions of a long-term study in which scientists examined what affects our physical and mental health can be a small guide for us. The study clearly concluded that health will definitely not improve based on success at work or the amount in bank account, but the quality of our relationships with other people – a relationship with a partner, family, work, school and our friends. That is what really matters. Well, and of course, it is a good idea to occasionally take medicinal mushrooms to have a solid Zheng Qi. If there is an imbalance of Yin and Yang, the tinctures of Chinese herbs can also be a good choice. Finally, I would like to emphasize one point. Let's never forget that 'the best pill is a lifestyle change'.

Our motto

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