



## *Ancient Herbal Secrets*

### KEY HERBAL INGREDIENTS AND THEIR BENEFITS

Achyranthes Root	Strengthens the tendons and bones while helping to eliminate blood stasis.
Aconite	Improves circulation and provides an anti-inflammatory effect to joints.
Aloe Vera	Detoxify and purifies while soothing and healing the skin, reduces irritation and sensitivity and nourishes the dermal layers. Contains hundreds of enzymes, minerals and vitamins that nourish, sooth and soften the skin.
Alumen	A double salt astringent, stimulating muscular contraction and coagulating albumen. It arrests digestion, also stops peristalsis and usually causes constipation, though sometimes inducing diarrhea. It also stops capillary hemorrhage.
Angelica Root	A natural astringent that clears pores and excess oil and dirt. Anti-oxidant properties that purify and detoxify the skin. Also provides oxygenating properties to stimulate the proliferation of skin cells allowing for a toned, glowing and youthful complexion. Penetrates deep into the dermal layers.
Apricot Seed	Finely milled apricot seeds are used to exfoliate and soften ( <i>Prunus Ameniaca</i> ) skin.
Artemesia	Anti-bacterial properties that purify decongest and detoxify the skin. Also provides anti-inflammatory properties to reduce swelling, redness and irritation. Increases blood circulation so that essential vitamins and minerals are properly delivered to skin cells to nourish and rebalance the skin.
Asarum ( <i>Wild Ginger</i> )	It may be advantageously added to tinctures and compounds to improve their flavor, and render them more stimulating. It is used in painful affections of the stomach and bowels were no inflammation exists and in chronic pulmonary affections.
Asparagus Tuber	This species has been used in traditional Chinese medicine for over 2,000. This dried root is antibacterial, anti-inflammatory, antipyretic, antiseptic, antitussive, diuretic, expectorant, nervine, sialagogue, stomachic, nervous stimulant and tonic.
Astragali	A cardio-tonic that lowers blood pressure and blood sugar.
Astragalus Root	Acts as an energy tonic, tones and strengthens the entire nervous system and supports the immune system.

Atractylodes	A great energy (Chi) tonic which is famous for regulating the digestive functions and as a powerful energy booster. It is widely used in China by athletes and martial artists and in weight control programs. It has a mild diuretic action and is used to increase vitality.
Bentonite Clay	Naturally absorbs excess oils and reduces shine on the face.
Bergamot	Known for its delightful aroma of the Bergamot Orange.
Bitter Orange	Extracted oil aids as a remedy for gastrointestinal disorders, insomnia, headaches and pain.
Bong Yong	One of several royal secret formulas of herbal supplements used to maintain health, longevity and beauty.
Burdock Toot	Moistens the intestines and promotes bowel movements, resolves toxicity and has an antibiotic effect.
Caffeine	A central nervous system stimulant, diuretic, striated muscle stimulant and acts on the cardiovascular system.
Camphor	Natural astringents that tighten pores, relieve irritation and revive skin's texture.
Canadian White Honey	Provides vitamins A and C while softening and moisturizing the skin.
Caprylyl Glycol	A liquid preservative formulation which protects against antimicrobial growth, bacteria and yeast while giving the finished product exceptional feel. It is one of the most effective humectants available today. Humectant is a natural substance that promotes retention of moisture. They actually draw moisture from the air to further moisturize the skin.
Carotene with Vitamins A, B12 and C	Provides the strongest anti-oxidant powers to protect the skin from environmental aging factors and oxidative damage.
Carrageenan	Extracted from red seaweed is used as a thickening agent.
Cinnamon	Beneficial in lowering blood pressure, making it potentially useful to those suffering from hypertension. Also, beneficial to prevent and control elevated glucose and blood lipid levels.
Clematis Root	Reduces soreness and pain in joints, bones and tendons.
Coconut Oil	Has the ability to nourish and heal the skin. The oil aids in killing yeast infections of the skin. It has antioxidant properties that protect the skin from free radicals.
Comfrey	Promotes healing while soothing and regenerating the skin.
Cortex Mori Albae Radicis	Improves circulation, has an anti-microbial effect, clears the liver and reduces swelling.
Cortex Moutan	An antibacterial, anti-inflammatory, antisensitive, relieves pain and strengthens the immune system.

Dandelion Root	Clears the liver, resolve toxicity, reduce abscesses and has an anti-microbial effect.
Drynaria	Is known as the most important herb in the Chinese Pharmacopoeia for healing damaged bone and ligaments. It is also useful in the treatment of and recovery from sprains, contusions and stress fractures. The literal name of the herb in Chinese is “mender of Shattered Bones.”
Eucalyptus Globulus	Essential oil that helps to clear the mind and focus concentration, while reducing the mucus membranes. It is valuable in fighting respiratory problems, inflammation, sore muscles, rheumatism, headaches and nervous exhaustion, while boosting wound and ulcer healing and soothing skin eruptions.
Euphoriae	Provides anti-aging properties and rejuvenates skin cells.
Fang Feng	Chinese herbal medicine formulated over 800 years ago. It dispels pathogenic wind (hear) from the body surface and purges away the dampness heat from the interior, as manifested by dryness in the mouth, discomfort of the throat, sensation of stuffiness in the chest, constipation, local signs of inflammation and skin eruptions. It is also effective on weight loss.
Flax Seed	Stimulates acupressure points on the neck to strengthen Chi (energy), increase circulation and promote detoxification. The healing properties of green are known to balance, strengthen and calm the mind, body and spirit.
Flowering Quince Fruit	Jellies are made from this fruit and used for fragrance.
Folium Perillae	Relieves superficial pathogenic factors to dissipate cold and promote the circulation of qi regulates the function of the stomach
Follum Artemesia Argi	Can be used to treat itching of the skin seen in eczema for external use, appropriate quantity to be made into plasters for topical application.
Follum Mori Albae	Used as an antitussive and expectorant in asthma, bronchitis and cough
Foxglove Root	Provides anti-aging properties that stimulate and boost the immune function of the skin cells. Immediately tones and firms the skin while stimulating cell rejuvenation.
Fructus Schisandrae	Calms the heart and soothes the mind.
Fructus Corni Officinallis	Anti-oxidant lowers plasma glucose.
Fructus Lycii	Therapeutic action is related to the Liver and Kidney channels. The herb is also an effective remedy in mild forms of diabetes.

Gardenia Fruit	Cholagogue (detox), anti-inflammatory, antipyretic and blood circulation promoter.
Ginger	Strengthens and harmonizes digestion, alleviates symptoms of an upset stomach and has a balancing effect on the Gastrointestinal Tract.
Ginseng	Powerful anti-bacterial properties that purify the skin, increases circulation to the dermal layers providing essential nourishment to skin cells. Also provides oxygenating properties to stimulate the proliferation of skin cells allowing for a toned, glowing and youthful complexion. When ingested, it has positive effects on the Gastrointestinal tract, strengthens the digestive organs in order to regulate appetite and alleviate abdominal distention, increases circulation, affects various types of prolepses, including the stomach and rectum, generates and distributes fluids, has anti-stress properties calming effect on the mind, has an effect on balancing both the central and peripheral nervous systems, has an immunological effect, has a balancing effect on the cardiovascular system, has a metabolic effect and has an effect on lipid metabolism.
Globulus	<i>Refer to Eucalyptus Globulus</i>
Glycerine	Increases blood volume, enhances temperature regulation and improves exercise performance in the heat. It helps “hyper hydrate” the body by in creating blood volume levels an helping to delay dehydration.
Goji Berry	Rich in antioxidants, particularly carotenoids such as beta-carotene and zeaxanthin. This unique berry is known to protect the liver, help eyesight, improve sexual function and fertility, strengthen the legs, boost immune function, improve circulation and promote longevity.
Grapefruit Seed Extract	Most known for its antioxidant properties. It also reduces the risk of atherosclerosis and cancer, improves vascular strength, reduces edema (inflammation/swelling) and promotes eye health. Fights damaging free radicals that can cause premature signs of aging.
Green Tea	Natural astringents that tighten pores, relieve irritation and revive skin’s texture. Provides oxygenating properties to stimulate the proliferation of skin cells allowing for a toned, glowing and youthful complexion.
Herbal Grains	Soothe and refresh sore muscles.
Herba Asari	To dispel wind-cold, to relieve nasal obstruction, alleviate pain and to remove retained fluid.
Herba Menthae	For treating headache, sore throat and arresting itching.
Huang Qi	Removes surface impurities while detoxifying and purifying the skin. Promotes healing while increasing circulation to transport essential vitamins and minerals to skin cells.

Inula	An effective antibacterial and antifungal known to stimulate the immune and digestive systems. It has been used for many respiratory illnesses including bronchitis, coughs, tuberculosis, asthma and pleurisy.
Jade Powder	The precious jade stone has been known for 7,000 years. Jade is considered the royal gem of East Asia, where its worth is comparable to gold and diamonds found in the West. Jade is known to be a natural transmitter of far-infrared rays in the same wavelength as from the human body, and it is known to produce negative ions which encourage the cells metabolism. It is noted for its powerful effects of detoxifying, strengthening and revitalizing the skin and body. Other benefits include: enhances endurance, calms the nervous system, produces tranquility, increases vitality and slows the aging process, aides the digestive system and strengthens the immune system.
Jojoba Oil	A rich moisturizer that hydrates the skin and reduces the signs of aging - rich in vitamins and minerals.
Jujube	Nourishes the blood and calms the mind.
Kaolin Clay	Naturally absorbs excess oils, dead skin cells and reduces shine on the face, leaving the skin smooth and refreshed.
Lavender	Natural fragrance and the essential oil of lavender has antiseptic and anti-inflammatory properties. Frequently used as an aid to sleep and relaxation and is said to soothe headaches
Ledebouriella	(Saphoshnikoviae Root) Known to harmonize the intestines, reduce tenesmus and alleviate spasms, gas and bloating.
Lemon Extract	Natural astringent that tighten pores, relieve irritation and revive skin's texture. Also imparts vitamins and nutrients that slow down the aging process and calms the skin.
Licorice Root	Anti-bacterial properties that purify, decongest and detoxify the skin. An effective anti-inflammatory and protects the skin by defending against the negative effects of sun damage. When ingested, it has a strong detoxifying effect, strengthens the digestive system, resolves toxicity, moderates spasms and alleviates pain. It also has an anti-inflammatory and balancing effect on the Gastrointestinal Tract. It has an effect on the lipid metabolism and an anti-beoplastic effect.
Ligustici Root	Powerful anti-aging properties.
Lilyturf Root	Provides soothing moisture to soften the skin. Also provides anti-aging properties that stimulate and boost the immune function of skin cells.
Longan	Has muscle relaxing and sedative effect, as well anti-inflammation.

Lovage Root	Promotes the movement of Chi and helps to alleviate pain.
Lycium Fruit	Immediately tones and firms the skin while stimulating cell rejuvenation.
Magnolia Vine Fruit	Provides soothing moisture to soften the skin. Immediately tones and firms the skin while stimulating cell rejuvenation.
Menthae Piperita	Peppermint ( <i>Mentha piperita</i> ): Used for its cooling, refreshing and antiseptic properties.
Monnier's Snow Parsley	Used externally as a lotion, powder or ointment for skin conditions such as eczema, ringworm and scabies. Antipruritic, antirheumatic, aphrodisiac, astringent, carminative, sedative, vermifuge and vulnerary
Mulberry Root Bark	Aids in relaxation by lowering blood pressure. It is known to have an effect of reducing edema and detox.
Mung Bean	Known to assist in lowering blood pressure and reduce hypertension. Also, may reverse arteriosclerosis or hardening of the arteries.
Natural Fragrance	Chemical free
Ophiopogon Tuber	Cleanses yin, moistens dryness, removes heat, resolves phlegm, moistens lungs, controls cough, quenches thirst, helps to alleviate restlessness and constipation
Pomegranate Rind	An antioxidant and has skin whitening properties.
Poria Cocos	A mushroom amphoteric in its ability to help regulate either high or low potassium and sodium balance. Helps with insomnia, restlessness, fatigue, sleep disorder, tension and nervousness.
Potassium Sorbate	Used to inhibit molds, yeasts and fungi. It is the potassium salt of sorbic acid.
Radix Achyranthis Bidentatae	Is known to increase circulation, strengthen sinews and bones, benefit joints, remove internal bruising and alleviate pain (analgesic effect).
Radix Angelica Sinensis	Provides anti-oxidants and fights environmental stress and damage Potassium Sorbate
Radix Clematidis	Is known to alleviate pain (analgesic effect) and unblock and remove obstruction caused by internal bruising.
Radix Cocculi Seu Stephaniae Tetrandrae	Known to reduce swelling, alleviate symptoms such as red, hot and swollen joints, alleviate pain (analgesic effect), act as an anti-inflammatory, induce relaxation of muscles and increase circulation.
Radix Ginseng	Detoxifies and improves circulation enabling the body to quickly transport vitamins and minerals.

Radix Ledebouriellaw Divaricatae	Inhibits the condition from going deeper, nourishes, invigorates and moistens blood. Clears heat and toxicity while harmonizing the actions of the other herbs.
Radix Notoginseng	Invigorates blood circulation and reduces pain.
Radix Paeoniae Rubrae	Is known to increase circulation, remove internal bruising, anti-inflammatory, have antibiotic properties and anti-spasmodic effect on smooth muscles.
Radix Polygoni Multiflori	Effective against high blood pressure and hardening of the veins and arteries. Efficacious in the treatment of toxicities, inflammation and constipation.
Radix Puerariae	Is known to increase circulation and have an anti- spasmodic effect on smooth muscle.
Ramulus Cinammomi Cassiae	Warms the channels and frees the flow of the vessels and stops pain. Also reduces swelling.
Raw Sugar	Used to gently polish skin.
Rhemmaniae	Enhances energy, replenishes vitality and is involved in red blood cell regeneration
Rhizoma Chuanxiong	Promotes the flow of blood and Chi qi and relieves pain.
Rhizoma Coptidis	Anti-inflammatory, antibiotic, vasodilator, antipyretic and cholagogue. Helps relieve nervousness, anxiety and insomnia
Rhizoma Corydalis	Promotes circulation of blood and qi and relieves pain.
Rhizoma Cyperi	Removes stagnation of qi and relieves pain.
Rhizoma Gastrodiae	Helps relieve headache, dizziness and numbness of the limbs; infantile convulsion; epilepsy and tetanus and aides in relieving pain.
Rhizoma Zingiberis Officinalis	Antibacterial, antifungal, pain-relieving, anti-ulcer and antitumor properties.
Royal Jelly	Improves the skin's elasticity, reduces facial blemishes and minimizes wrinkles. It is also rich in vitamin B, extremely nourishing and contains all the essential amino acids unsaturated fats, natural sugars and minerals such as iron, calcium, silicon, sulfur and potassium.
Salviae Officinalis Sage	Extracted from the leaves of the plant. Used for its antibacterial and fragrant properties.
Saussurea Root	An anti-spasmodic that aids in muscle relaxation.

Schisandrae Chinensis	A famous tonic historically consumed by Chinese royalty and by Daoist master. It is renowned as a beauty tonic and is considered to be a youth preserving herb. It has been used for centuries to make the skin soft, moist and radiant, as well as said to be a powerful tonic to the brain and mind and is believed to improve memory.
Sesame Oil	It is rich in linoleic acid and has anti-bacterial, anti-inflammatory and antioxidant properties. It is very nourishing and prevents the skin from getting excessively dry.
Sophora	Derived from the root of the tree. Used for its revitalizing and stimulating properties.
Stephania	Alleviates swollen and painful joints.
Szechwan Lovage Root	Provides anti-aging properties and rejuvenates skin cells.
Tea Tree Oil	It is a powerful antiviral, antibacterial, antifungal medicine (essential oil). It improves countless skin ailments, infections, cuts, scrapes, burns, insect bites and skin spots. It is not just soothing and disinfecting, it is capable of penetrating into the lower skin layers with its anti-inflammatory, disinfectant analgesic (pain-killing) and cicatrizant (wound-healing) qualities.
Tamanu Oil	Rich moisturizer that absorbs quickly into the skin, providing deep hydration and reducing the signs of aging.
Vinegar	Hippocrates prescribed vinegar from many ailments, from skin rash to ear infection. Apple cider vinegar is a much more useful astringent than ice and will reduce inflammation, bruising and swelling in approximately a third of the time that ice will take. It is also believed to be a useful in killing the infectious agent.
Vitamin A, C , E	Import vitamins and nutrients that slow down the aging process and calms the skin. Encourage collagen formation by stimulating healthy tissue growth allowing the skin to regain elasticity, tone and an even texture. Anti-oxidants that protect the skin from oxidative stress and environmental damage.
Vitamin B12	Important for the normal functioning of the brain and nervous system and for the formation of blood. It is normally involved in the metabolism of every cell of the body, especially affecting DNA synthesis and regulation, but also fatty acid synthesis and energy production.

Vitamin D	Essential for promoting calcium absorption in the gut and maintaining adequate serum calcium and phosphate concentrations to enable normal mineralization of bone and prevent hypocalcemic tetany. It is also needed for bone growth and bone remodeling by osteoblasts and osteoclasts. Without sufficient vitamin D, bones can become thin, brittle or misshapen.
Wheat Flour/Wheat Germ ( <i>Triticum Vulgare</i> )	An antioxidant with high vitamin E content.
Wild Pansy	A wheat protein used as an emollient and water-binder.
Wheat Protein	Used as an emollient and water-binder.
White Mulberry	Anti-bacterial properties that purify, decongest and detoxify the skin, lifting imbedded dirt and oils, leaving the skin purified and smooth. Tones and firms the skin while stimulating cell rejuvenation.
White Peony	This herb immediately tones and firms the skin while stimulating cell rejuvenation.