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# Anti-aging Chinese Herbs

Traditional Chinese Herbal Formulas for restoring YIN. YIN refers to moistening, cooling, regenerating and quieting/calming functions. YIN functions gradually decline over time but can be regenerated to some extent with herbal and lifestyle input. These are a must for patients with insomnia and under-eyebags!

Formula	Organs supported	Skin-hair fx s	RANGE of Effects
<b>True Yin</b> -combines two classic formulas 1. Restore the left Kidney Pill & 2. Two Ultimate Pill <sup>1</sup>  <i>Limit to 3-4 weeks of use            Stop for one month. Repeat as nec.</i>	Yin of Kidney, Liver	Enhances <b>head hair</b> Txs premature graying	Night sweats, dry mouth/throat Infertility, amenorrhea Declining vision, floaters Weak knees or low back Strengthens bones and tendons <b>Helps 'staying' asleep<sup>2</sup></b>
<b>Rehmannia Six</b> (R-6) Cools empty heat (hot flashing)	Yin of Kidney, Liver	Restores connection between kidneys and heart. Helping <i>'knowing who you are and how you fit in'</i>	<i>esp</i> for sore low back Hot hands and/or feet Hearing loss w/ aging, tinnitus Blurred vision Indicated for premature menopause
<b>Rehmannia &amp; Scrophularia</b> <u>Strongest formula to cool <b>hot flashes</b></u>	Yin of Kidney, Liver		Much stronger cooling therapy - Txs hot flashes, night sweats, red facial flushing Dizziness or vertigo, <b>Restless Sleep</b>
<b>Heavenly Emperor</b> Very helpful when undergoing difficult <i>stressful</i> situations.	Softer effect than above formulas but builds 'will' & hydration	<i>best at moistening dry-crêpey skin and vaginal dryness</i>	Generates fluids for skin moisture Dry itching skin, hives <b>Promotes falling asleep</b> Calming - can be used for palpitations and anxiety
<b>Nourish Essence</b> (NE) A variation of R-6 -Unifies <i>Essence</i> (genetic potential) <i>An alternate formula is</i> <b>Seven Treasures</b>	Yin of Kidney & Liver Yang of Kidney Plus blood & qi tonic	Enhances <b>head hair</b>  <b>Seven Treasures</b> is called an elixir for beautiful hair! Thinning hair and knee pain point to this formula	Best used after first clearing heat with one of the above formulas. Then finish prescription with a few weeks of NE to add vigor (provided by restoring Kidney Yang <i>with</i> Yin <u>and</u> unifying or 'astringing' essence)

## FOOTNOTES:

<sup>1</sup> Most of the modern research into this formula fall under the 'anti-aging' category. One study showed significantly improved bone anabolic markers and was able to conclude the formula is a safe and effective treatment for osteoporosis while improving lumbar bone mass (BMD), reducing bone pain, alleviating bone resorption, and stimulating bone formation. Another study had the same findings plus was able to determine no hyperplastic effects on the uterus, indicating that it is a safe intervention for estrogen deficient bone loss. Another study on THE TWO ULTIMATE PILL component of the **TRUE YIN** formula showed robust effects in activating estrogenic activity but without altering the proliferation of cultured human breast cancer cells (MCF-7)

<sup>2</sup> There are other formulas for severe insomnia not listed here. Ask for more information.