

Nourish Heart & Calm Spirit

Wild jujube seed Semen Zizyphi spinosae (Suan zao ren)	neutral, sweet ----- Ht, Lr	*Nourishes blood, calms shen: irritability, insomnia, palpitations, forgetfulness. *Stops sweating: spontaneous or night sweating	Caution: Severe diarrhea; XS heat	10-18g
Arborvitae seed Semen Biotae (Bai zi ren)	neutral, sweet ----- Ht, K, LI	*Nourishes blood, calms shen: insomnia, palpitations, anxiety. *Night sweats: d/t Yin deficiency *Moistens intestines	Contraindicated: loose stool, phlegm	10-18g
Polygala root Radix Polygalae (Yuan zhi)	sl warm, acid, bitter ----- Ht, Lu	*Calms shen: restlessness, insomnia, palpitations. *Transforms phlegm, clears orifices: cough w/thick sputum, turbid phlegm misting Heart	Caution: Gastritis, gastric ulcer.	3-10g
Albizia bark Mimosa tree bark Cortex Albizziae (He huan pi)	neutral, sweet ----- Ht, Lr	*Calms shen: insomnia, memory lapse, irritability d/t depression. *Moves blood, reduces swelling: trauma, injury *Boils	Albizia flower (He huan hua): neutral, sweet, moves Liver qi & blood, calms shen, esp useful for emotional constraint, epigastric pain.	10-15g
Fleeceflower vine Caulis Polygoni multiflori (Ye jiao teng)	neutral, sweet, sl bitter ----- Ht, Lr	*Nourishes Heart blood, calms shen: esp dream-disturbed sleep. *Unblocks channels: weakness, soreness, numbness d/t Blood def. *Topical: itchy skin		9-30g