

Integrating Functional Medicine with TCM

Pacific College of Oriental Medicine eLearning

CLASS 9:

LEAKY GUT SYNDROME

PART 2: TREATMENT

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Class 8, Part 1: Functional Medicine Etiology and Diagnosis (April 11, 2015)

Overview of Leaky Gut Syndrome

Intestinal Physiology

Importance of Beneficial Bacteria

Leaky Gut Syndrome

Relationship to Illness and Organ Health

Laboratory Testing

Sample Lab Tests

Class 9, Part 2: TCM and Functional Medicine Treatment

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I. TCM HERBAL PROTOCOLS

a. Evaluate for and treat *zang-fu* in following sequence

1. Clear Pathogenic Agents
 - a. Pathogenic bacteria
 - b. Fungus
 - c. Pathogenic protozoa
 - d. Identify and eliminate food triggers
2. Clear Intestinal Inflammation
3. Clear Stagnation
 - a. Liver stagnation
 - b. Liver Overacting on Spleen or Stomach
 - c. Stagnation of Stomach *Qi*
4. Deficiency of Spleen
 - a. Deficiency of Spleen *Qi*
 - b. Deficiency of Spleen *Yang*
5. Deficiency of *Wei Qi*

b. *Zang-fu* Disorders: Representative Formulas

1. Clear Pathogenic Agents

a. Bacteria

1. Huang Lian Su (PM) 4

b. Fungus

1. Intestinal Fungus Formula (GF) 5

2. Cand)Ex (PX) 5

c. Protozoa

1. Huang Lian Su (PM) 4

2. Gut Bug (PX) 6

3. Omphalia 11 (SF) 7

4. Oregano Oil Formula (GF) 7

5. Artemisia *Qing Hao* 7

a. Taiwan extracted granules

b. Articin (Thorne)

c. Artemisin (Quicksilver)

2. Clear Intestinal Inflammation	
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b. Picrorrhiza 11 (SF)	9
c. GI Harmony (EV)	10
3. Liver stagnation	
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b. <i>Chai Hu Shu Gan Wan</i> (GF)	12
c. Liver Detox (Dr. J)	12
4. Liver Overacting on Spleen or Stomach	
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5. Stomach stagnation	
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HERBAL FORMULAS

1. Clear Pathogenic Agents

- a. Pathogenic bacteria
- b. Fungus
- c. Pathogenic protozoa

HUANG LIAN SU



Formula: *huáng lián sù piàn* (黄连素片), “Coptis Extract Tablet”

Source: Modern patent medicine

Manufacturer: Hubei Yichang Minkang Factory, Yichang, China

Availability: from Nuherbs

HUANG LIAN SU TABLETS (PM)

*COPTIS TEAPILLS (PF)

Ingredients: (from Hubei Yichang Minkang Factory “Huang Lian Su Pian”)

huáng lián sù (黄连素), Rhizoma Coptidis extract 100 % DB

2. Clear Pathogenic Agents

b. Fungus

INTESTINAL FUNGUS FORMULA

Golden Flower

Author: Jake Paul Fratkin

<i>fú líng</i> (茯苓), Poria	15 %	FC
<i>yì yǐ rén</i> (薏苡仁), Semen Coicis	15	FC
<i>bàn xià</i> (半夏), Rhizoma Pinelliae	14	CA
<i>huáng lián</i> (黄连), Rhizoma Coptidis	14	DB
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	14	DB
<i>bái tóu wēng</i> (白头翁), Radix Pulsatillae	14	DD
<i>yīn chén hāo</i> (茵陈蒿), Herba Artemisiae Scopariae	14	FC

CAND)X

Panaxea

Author: Daniel Weber

<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	DB
<i>hǔ zhàng</i> (虎杖), Rhizoma Polygoni Cuspidati	K
<i>jīn qián cǎo</i> (金钱草), Herba Lysimachiae	FC
<i>huò xiāng</i> (藿香), Herba Agastachis	FB
<i>bái tóu wēng</i> (白头翁), Radix Pulsatillae	DD
<i>rěn dōng téng</i> (忍冬藤), Caulis Lonicerae Japonicae	DD

plus:

Biotin

Calcium undecylenate

Pau d'arco (Tabebuia avellanedae) bark extract

Enlyse™ enzyme blend (protease, lipase, serrapeptase,
hemicellulose, amylase and chitosanase)

3. Clear Pathogenic Agents

c. Protozoa

1. Huang Lian Su (PM)
2. Gut Bug (PX)
3. Omphalia 11 (SF)

GUT BUG FORMULA

Panaxea

Author: Daniel Weber

<i>kǔ shēn</i> (苦参), Radix Sophorae Flavescentis	DB
<i>jī nèi jīn</i> (鸡内金), Endothelium Corneum Gigeriae Galli	H
<i>hóng téng</i> (红藤), Caulis Sargentodoxae	DD
<i>bǎi bù</i> (百部), Radix Stemonae	CC
<i>bīng láng</i> (槟榔), Semen Arecae	Q
<i>shǐ jūn zǐ</i> (使君子), Fructus Quisqualis	Q
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	AA
<i>fú líng</i> (茯苓), Poria	FC
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	G
<i>huáng yào zǐ</i> (黄药子), Rhizoma Dioscoreae Bulbiferae	CC
<i>bǎi biǎn dòu</i> (百扁豆), Semen Dolichos/Lablab Album	DF
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	AA
<i>mù xiāng</i> (木香), Radix Aucklandiae	G

OMPHALIA 11

Seven Forest

Author: Subhuti Dharmananda

<i>Omphalia Lei Wan</i>	15%	Q
<i>Areca Bing Lang</i>	15	Q
<i>Torreya Fei Zi</i>	15	Q
<i>Mume Wu Mei</i>	14	L
<i>Quisqualis Shi Jun Zi</i>	14	Q
<i>Codonopsis Dang Shen</i>	5	AA
<i>Atractylodes Bai Zhu</i>	5	AA
<i>Zingiberis Gan Jiang</i>	5	E
<i>Zanthoxylum Shu Jiao</i>	5	E
<i>Glycyrrhiza Gan Cao</i>	5	AA
<i>Raphanus Lai Fu Zi</i>	2	H

OREGANO OIL FORMULA

Golden Flower

Author: Andrew Ellis

Quisqualis <i>Shi Jun Zi</i>	48 %	Q
Oregano Oil <i>Tu Yin Chen You</i>	25	
Mume <i>Wu Mei</i>	19	L
Coptis <i>Huang Lian</i>	8	DB

ARTEMISIA QING HAO

qīng hāo (青蒿), *Herba Artemisiae Annuae*

1. Taiwan extracted granules
2. Articin (Thorne)
3. Artemisin (Quicksilver)

2. Clear Intestinal Inflammation

- a. Pulsatilla Intestinal Formula (GF)
- b. Picrorrhiza 11 (SF)
- c. GI Harmony (EV)

PULSATILLA INTESTINAL FORMULA

Golden Flower

Author: Jake Paul Fratkin

<i>fú líng</i> (茯苓), Poria	17 %	FC
<i>bái tóu wēng</i> (白头翁), Radix Pulsatillae	15	DD
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	14	DB
<i>cāng zhú</i> (苍术), Rhizoma Atractylodis	14	FB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	12	AB
<i>huáng lián</i> (黄连), Rhizoma Coptidis	12	DB
<i>mù xiāng</i> (木香), Radix Aucklandiae	8	G
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	8	AA

PICRORRHIZA 11

Seven Forest

Author: Subhuti Dharmananda

<i>hú huáng lián</i> (胡黄连), Rhizoma Picrorhizae	14 %	DB
<i>yín chái hú</i> (银柴胡), Radix Stellariae	12	DE
<i>bái tóu wēng</i> (白头翁), Radix Pulsatillae	10	DD
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri	10	DB
<i>qín pí</i> (秦皮), Cortex Fraxini	9	DB
<i>chē qián cǎo</i> (车前草), Herba Plantaginis	9	FC
<i>kǔ dīng chá</i> (苦丁茶), Herba Ilex Kaushue	9	DD
<i>jīn yín huā</i> (金银花), Flos Lonicerae Japonicae	8	DD
<i>mù xiāng</i> (木香), Radix Aucklandiae	8	G
<i>shí liú pí</i> (石榴皮), Pericarpium Granati	6	L
<i>hē zǐ</i> (诃子), Fructus Chebulae	5	L

GI HARMONY

Evergreen

Author: John Chen

<i>yīn chén hāo</i> (茵陈蒿), Herba Artemisiae Scopariae	FC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	AA
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	L
<i>yì yǐ rén</i> (薏苡仁), Semen Coicis	FC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>chái hú</i> (柴胡), Radix Bupleuri	BB
<i>chē qián zǐ</i> (车前子), Semen Plantaginis	FC
<i>fú líng</i> (茯苓), Poria	FC
<i>hòu pò</i> (厚朴), Cortex Magnoliae	FB
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	DB
<i>huò xiāng</i> (藿香), Herba Agastachis	FC
<i>páo jiāng</i> (炮姜), Rhizoma Zingiberis Praeparatum	E
<i>qín pí</i> (秦皮), Cortex Fraxini	DB
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	AA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	AB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	G
<i>fáng fēng</i> (防风), Radix Saposhnikoviae/Ledebouriellae	BB
<i>huáng lián</i> (黄连), Rhizoma Coptidis	DB
<i>mù xiāng</i> (木香), Radix Aucklandiae	G
<i>bò hé</i> (薄荷), Herba Menthae	BB
<i>bái zhǐ</i> (白芷), Radix Angelicae Dahuricae	BA

3. Liver stagnation

CHAI HU SHU GAN TANG

Formula: *chái hú shū gān sǎn* (柴胡疏肝散), “Bupleurum Soothe Liver Powder”

Author: Zhāng Jiè-Bīn (张介宾) *aka* Zhāng Jǐng-Yuè (张景岳)

Source: *Jǐng Yuè Quán Shū* (景岳全书), 1624

Literal: “Jing-Yue’s Complete Writings”

Availability:

BUPLEURUM & CYPERUS COMBINATION (EG)

BUPLEURUM SHU GAN TEAPILLS (PF)

BUPLEURUM SOOTHE THE LIVER FORMULA (HS)

BUPLEURUM SOOTHING LIVER FORMULA (K)

CHAI HU SHU GAN SAN (BP)

CHAI HU SHU GAN WAN (GC, HT, PM, TL)

Ingredients: (from Herbal Times “Chai Hu Shu Gan Wan”)

<i>chái hú</i> (柴胡), Radix Bupleuri	25 %	BB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	19	AB
<i>xiāng fù</i> (香附), Rhizoma Cyperi	19	G
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	19	G
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	12	K
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	6	AA

CHAI HU SHU GAN FORMULA

Golden Flower

Author: Jake Fratkin

<i>chái hú</i> (柴胡), Radix Bupleuri	14.0 %	BB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	11.7	AB
<i>xiāng fù</i> (香附), Rhizoma Cyperi	10.0	G
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	10.0	G
* <i>yù jīn</i> (郁金), Radix Curcumae	10.0	K
* <i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	10.0	AA
* <i>huáng qín</i> (黄芩), Radix Scutellariae	10.0	DB
* <i>dāng guī</i> (当归), Radix Angelicae Sinensis	10.0	AB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	8.3	K
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	6.0	AA

LIVER DETOX FORMULA

Dr. Jake Fratkin's Herbal Formulas

Author: Jake Fratkin

<i>bái sháo</i> (白芍), Radix Paeoniae Alba	11.1 g.	AB
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	13.3	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	13.3	AB
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	8.9	AB
<i>huáng qín</i> (黄芩), Radix Scutellariae	13.3	DB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	9.0	L
<i>xiāng fù</i> (香附), Rhizoma Cyperi	11.1	G
<i>yù jīn</i> (郁金), Radix Curcumae	11.1	K
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	11.1	AD

4. Liver Overacting on Spleen or Stomach

SHU GAN WAN

Formula: *shū gān wán* (疏肝丸), “Dredge Liver Pill”

Source: Modern patent medicine

Availability:

LIVER FLOW (K)

SHU GAN (HC)

SHU GAN FORMULA (GF)

SHU GAN WAN (GC, HT, MS, PiM, TL)

SHU KAN FORMULA (CC)

SOOTHE LIVER TEAPILLS (PF)

SHU GAN WAN

Ingredients: (from Plum Flower “Soothe Liver Teapills”; also Minshan “Shu Gan Wan”)

<i>xiāng fù</i> (香附), Rhizoma Cyperi	10.6 %	G
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	10.6	AB
<i>chái hú</i> (柴胡), Radix Bupleuri	7.1	BB
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	7.1	G
<i>qīng pí</i> (青皮), Pericarpium Citri Reticulatae Viride	7.1	G
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.1	G
<i>shā rén</i> (砂仁), Fructus Amomi	7.1	FB
<i>hòu pò</i> (厚朴), Cortex Magnoliae	7.1	FB
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	7.1	K
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	7.1	DC
<i>xiāng yuán</i> (香橼), Fructus Citri	3.5	G
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	3.5	AA
<i>mù xiāng</i> (木香), Radix Aucklandiae	3.5	G
<i>jiāng huáng</i> (姜黄), Rhizoma Curcumae Longae	2.6	K
<i>fó shǒu</i> (佛手), Fructus Citri Sarcodactylis	2.6	G
<i>chén xiāng</i> (沉香), Lignum Aquilariae Resinatum	2.2	G
<i>bái dòu kòu</i> (白豆蔻), Fructus Amomi Kravanh	2.2	FB
<i>tán xiāng</i> (檀香), Lignum Santali Albi	1.8	G

SHU GAN WAN

Ingredients: (from Herbal Times “Shu Gan Wan”)

<i>chuān liàn zǐ</i> (川楝子), Fructus Meliae Toosendan	13.0 %	G
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	10.4	AB
<i>chén xiāng</i> (沉香), Lignum Aquilariae Resinatum	8.6	G
<i>fú líng</i> (茯苓), Poria	8.6	FC
<i>jiāng huáng</i> (姜黄), Rhizoma Curcumae Longae	8.6	K
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	8.6	K
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	8.6	G
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	6.9	G
<i>mù xiāng</i> (木香), Radix Aucklandiae	6.9	G
<i>shā rén</i> (砂仁), Fructus Amomi	6.9	FB
<i>bái dòu kòu</i> (白豆蔻), Fructus Amomi Kravanh	5.3	FB
<i>hòu pò</i> (厚朴), Cortex Magnoliae Officinalis	5.3	FB
<i>yù jīn</i> (郁金), Radix Curcumae	2.3	K

5. Stomach stagnation

XIANG SHA YANG WEI TANG

Formula: *xiāng shā yǎng wèi tāng* (香砂养胃汤)

“Aucklandia, Amomum Nourish Stomach Decoction”

Author: Gōng Tíng-Xián (龚廷贤)

Source: *Wàn Bìng Huí Chūn* (万病回春), 1587

Literal: “Thousand Diseases Returned to Spring” (eg, “Restored to Health”)

Availability:

CYPERUS & CLUSTER COMBINATION (EG)

CYPERUS & CARDAMON COMBINATION (KP)

XIANG SHA YANG WEI TANG (BP)

XIANG SHA YANG WEI WAN (HT, MS, PM, TL)

XIANG SHA YANG WEI TANG

Ingredients: (from the standardized “Cyperus & Cluster/Cardamon Combination”)

<i>bái zhú</i> (白朮), Rhizoma Atractylodis Macro.	11.3 %	AA
<i>fú líng</i> (茯苓), Poria	11.3	FC
<i>cāng zhú</i> (苍朮), Rhizoma Atractylodis	7.8	FB
<i>hòu pò</i> (厚朴), Cortex Magnoliae Officinalis	7.8	FB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.8	G
<i>xiāng fù</i> (香附), Rhizoma Cyperi	7.8	G
<i>bái dòu kòu</i> (白豆蔻), Fructus Amomi Kravanh	7.8	FB
<i>rén shēn</i> (人參), Radix Ginseng	7.8	AA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	7.8	BA
<i>mù xiāng</i> (木香), Radix Aucklandiae	5.7	G
<i>shā rén</i> (砂仁), Fructus Amomi	5.7	FB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5.7	AA
<i>dà zǎo</i> (大枣), Fructus Jujubae	5.7	AA

6. Deficiency of Spleen *qi*

ZI SHENG WAN

Formula: *zī shēng wán* (资生丸), “Support Life Pills”

Author: Miào Xī-Yōng (繆希雍)

Source: *Xiān Xǐng Zhāi Yī Xué Guǎng Bǐ Jì* (先醒斋医学广笔记), 1613

Literal: “First Awakened Studio Medical Studies Extensive
Short Notes”

Availability:

ZI SHENG TEAPILLS (PF)

ZI SHENG WAN (GC, MS, PM)

Ingredients: (from Minshan's "Zi Sheng Wan")

<i>dǎng shēn</i> (党参), Radix Codonopsis	11.7 %	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	11.7	AA
<i>yì yǐ rén</i> (薏苡仁), Semen Coicis	11.7	FC
<i>shén qū</i> (神曲), Massa Medicata Fermentata	7.8	H
<i>jú hóng</i> (橘红), Exocarpium Citri Rubrum	7.8	G
<i>shān zhā</i> (山楂), Fructus Crataegi	7.8	H
<i>shān yào</i> (山药), Rhizoma Dioscoreae	5.9	AA
<i>qiàn shí</i> (芡实), Semen Euryales	5.9	L
<i>fú líng</i> (茯苓), Poria	5.9	FC
<i>mài yá</i> (麦芽), Fructus Hordei Germinatus	5.8	H
<i>bǎi biǎn dòu</i> (百扁豆), Semen Dolichos/Lablab Album	3.9	DF
<i>lián zǐ</i> (莲子), Semen Nelumbinis	3.9	L
<i>jié gěng</i> (桔梗), Radix Platycodonis	2.0	CA
<i>huò xiāng</i> (藿香), Herba Agastachis	2.0	FB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	2.0	AA
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	1.4	FC
<i>bái dòu kòu</i> (白豆蔻), Fructus Amomi Kravanh	1.4	FB
<i>huáng lián</i> (黄连), Rhizoma Coptidis	1.4	DB

SHEN LING BAI ZHU TANG

Formula: *shēn líng bái zhú sǎn* (参苓白术散), “Ginseng, Poria, Atractylodes Powder”

Author: Imperial Medical Bureau (*tài yī jú*, 太医局); revised by Chén Shī-Wén (陈师文)

Source: *Tài Píng Huì Mǐn Hé Jì Jú Fāng* (太平惠民和剂局方), 1078
Literal: “(Era of) Great Peace, Benefit People Harmonious Medicines, Office (of) Formulas”

Availability:

GINSENG & ATRACTYLODES FORMULA (EG)

GINSENG, PORIA AND ATRACTYLODES FORMULA (HS)

SHEN LING BAI ZHU PIAN (PF)

SHEN LING BAI ZHU SAN (BP, TL)

SHEN LING BAI ZHU WAN (HT, PM)

SHEN LING SPLEEN SUPPORT (K)

* CENTRAL MANSION (TT)

* GI TONIC (EVG)

* SHEN LING (HC)

SHEN LING BAI ZHU TANG

Ingredients: (from the standardized “Ginseng & Atractylodes Formula”)

<i>bái zhú</i> (白朮), Rhizoma Atractylodis Macrocephalae	12.1 %	AA
<i>rén shēn</i> (人參), Radix Ginseng	12.1	AA
<i>shān yào</i> (山藥), Rhizoma Dioscoreae	12.1	AA
<i>fú líng</i> (茯苓), Poria	12.1	FC
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	12.1	AA
<i>biǎn dòu</i> (扁豆), Semen Dolichos/Lablab Album	9.5	FC
<i>lián zǐ</i> (蓮子), Semen Nelumbinis	6.0	L
<i>yì yǐ rén</i> (薏苡仁), Semen Coicis	6.0	FC
<i>shā rén</i> (砂仁), Fructus Amomi	6.0	FB
<i>jié gěng</i> (桔梗), Radix Platycodonis	6.0	CA
<i>dà zǎo</i> (大棗), Fructus Jujubae	6.0	AA

XIANG SHA LIU JUN ZI TANG

Formula: *xiāng shā liù jūn zǐ tāng* (香砂六君子汤)

“Aucklandia, Amomum Six Gentlemen Decoction”

Author: Luō Měi (罗美)

Source: *Míng Yī Fāng Lùn* (名医方论), 1675

Literal: “Famous Doctors’ Formulas Discussion”

aka:

Gǔ Jīn Míng Fāng (古今名方), 1675

Literal: “Ancient, Modern Famous Formulas”

Availability:

SAUSSUREA & CARDAMON COMBINATION (EG)

SAUSSUREA & CARDAMON FORMULA (CC)

SIX GENTLEMEN PLUS TEAPILLS (PF)

SIX-GENTLEMEN FORMULA WITH AUCKLANDIA AND AMOMUM

(HS)

SOOTHE THE CENTER (TT)

VLADIMIRIA & CARDAMON COMBINATION (KP)

XIANG SHA LIU JUN WAN (HT, PM, TL)

XIANG SHA LIU JUN ZI TANG (BP)

* PROSPEROUS FARMER (K)

XIANG SHA LIU JUN ZI TANG

Ingredients: (from the standardized “Saussurea & Cardamon Combination”)

<i>bái zhú</i> (白朮), Rhizoma Atractylodis Macro.	18.0 %	AA
<i>fú líng</i> (茯苓), Poria	17.9	FC
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	17.9	BA
<i>rén shēn</i> (人參), Radix Ginseng	8.9	AA
<i>bàn xià</i> (半夏), Rhizoma Pinelliae	8.9	CA
<i>shā rén</i> (砂仁), Fructus Amomi	7.1	FB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.1	G
<i>mù xiāng</i> (木香), Radix Aucklandiae	7.1	G
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	7.1	AA

JIAN PI WAN

Formula: *jiàn pí wán* (健脾丸), “Strengthen Spleen Pill”

Author: Wāng Āng (汪昂)

Source: *Yī Fāng Jí Jiě* (医方集解), 1682

Literal: “Medical Formulas Collected, Explained”

Availability:

HEALTHY DIGESTION TEAPILLS (PF)

JIAN PI WAN (MS, TL)

REN SHEN JIAN PI WAN (PM)

Ingredients: (from Minshan “Jian Pi Wan”)

<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	24 %	AA
<i>zhǐ shí</i> (枳实), Fructus Aurantii Immaturus	16	G
<i>dǎng shēn</i> (党参), Radix Codonopsis	16	AA
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	16	G
<i>mài yá</i> (麦芽), Fructus Hordei Germinatus	16	H
<i>shān zhā</i> (山楂), Fructus Crataegi	12	H

GALLUS MALT

Seven Forest

Author: Subhuti Dharmananda

<i>jī nèi jīn</i> (鸡内金), Endo. Corneum Gigeriae Galli	50 %	H
<i>mài yá</i> (麦芽), Fructus Hordei Germinatus	30	H
<i>wū méi</i> (乌梅), Fructus Mume	10	L
<i>huò xiāng</i> (藿香), Herba Agastachis	10	FB

7. Deficiency of Spleen *Yang*

FU ZI LI ZHONG WAN

Formula: *fù zǐ lǐ zhōng wán* (附子理中丸), “Aconite Regulate the Center Pill”

Author: Imperial Medical Bureau (*tài yī jú*, 太医局); revised by Chén Shī-Wén (陈师文)

Source: *Tài Píng Huì Mǐn Hé Jì Jú Fāng* (太平惠民和剂局方), 1078

Literal: “(Era of) Great Peace, Benefit People Harmonious Medicines, Office (of) Formulas”

Availability:

ACONITE, GINSENG & GINGER COMBINATION (EG)

FU ZI LI ZHONG WAN (PF, MS)

FU ZI LI ZHONG WAN

Ingredients: (from the standardized “Aconite, Ginseng & Ginger Combination”)

<i>rén shēn</i> (人參), Radix Ginseng	20 %	AA
<i>bái zhú</i> (白朮), Rhizoma Atractylodis Macro.	20	AA
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	20	BA
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	20	AA
<i>fù zǐ</i> (附子), Radix Aconiti Lateralis Praeparata	20	E

Ingredients: (from Minshan and Plum Flower “Fu Zi Li Zhong Wan”)

<i>dǎng shēn</i> (党参), Radix Codonopsis	30.7 %	AA
<i>bái zhú</i> (白朮), Rhizoma Atractylodis Macro.	23.1	AA
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	15.4	BA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	15.4	AA
<i>fù zǐ</i> (附子), Radix Aconiti Lateralis Praeparata	15.4	E

YU PING FENG SAN

Formula: *yù píng fēng sǎn* (玉屏风散), “Jade Screen (against the) Wind Powder”

Author: Zhū Zhèn-Hěng (朱震亨) *aka* Zhū Dān-Xī (朱丹溪)

Source: *Dān Xī Xīn Fǎ* (丹溪心法), 1481

Literal: “Dan-Xi’s Heart Method” (eg, “Personal Insights”)

Availability:

ASTRAGALUS & SILER FORMULA (EG)

CHILDREN’S JADE DEFENSE (GF)

JADE SCREEN FORMULA/TABLETS/TEAPILLS (CC, JD, SF, PF, TT)

JADE WINDSCREEN FORMULA (GF, HS)

YU PING FENG SAN/WAN (BP, HT, JD, TL, TZ)

* ASTRA C (HC)

* JADE WINDSCREEN (K)

Ingredients: (from the standardized “Astragalus & Siler Formula”)

huáng qí (黄芪), Radix Astragali 60 % AA

bái zhú (白术), Rhizoma Atractylodis Macro. 20 AA

fáng fēng (防风), Radix Saposhnikoviae/Ledebouriellae 20BA

II. FUNCTIONAL MEDICINE TREATMENTS

a. TREATMENT BASED ON LAB RESULTS

1. DIAGNOS-TECH FLEXI-PANEL (STOOL AND SALIVA)

a. **SIGA** = immune dysfunction

1. Boost adrenals

a. Glandulars

1. Thorne: Cortine, Adrenal Cortex, Cortrex
2. Xymogen: Adrenal Essence, Adrenal Manager, Corticare

b. Nutrients

1. Pantethine B5
2. Zinc
3. Vitamin A
4. Colostrum
 - a. IgG 2000 (Xymogen)
 - b. Probioplex (Metagenics)

c. Western herbal

1. Rhodiola
2. Deglycyrrhizinated Licorice

d. Chinese herbal (singles)

1. Cordyceps
2. Siberian Ginseng

2. Enhance immune system

a. Chinese herbal (singles)

1. Reishi (Ling Zhi) products or extracts
2. Astragalus vials
3. Cordyceps

b. Beta-Glucans

1. ImmunitiX-3,6 (Xymogen)
2. Maitake-D Fraction (Grifron)
3. Mushroom combination

b. PATHOGENIC MICROBES

1. Protozoa

- a. Berbeines
 - 1. Huang Lian Su (PM)
 - 2. Berberine 500 (Thorne)
- b. Artemisia *Qing Hao*
 - 1. Taiwan extracted granules
 - 2. Articin (Thorne)
 - 3. Liposomal Artemisin (Quicksilver)
- c. Flagyl
- d. Systemic Formulas (VRM 1, 2, 3, 4)
- e. Oregano oil, Black Walnut

2. **Worms** – use Western medicines if possible

3. **Bacteria**

a. Berberine compounds

1. *Huang Lian Su*, 3 tablets, 2 x day
2. Berberine 500 (Thorne)
3. Berbemyacin (Xymogen)

b. Oregano oil

1. Biotics ADP, 4 tabs 2 x day

c. Probiotics

1. High dose mix
2. Also, *Saccharomyces boulardii*

d. Management

1. Start with one, switch to another at 3 to 4 weeks
2. Treat 4-8 weeks

4. Fungus (Candida)

- a. Children who can't swallow, use Px:
 - 1. Pediatric suspension Nystatin
 - a. 15 mos old: 2 ml, 4 x day
 - b. 2 yrs: 5 ml (1 tsp), 2 x day
 - c. 3 yrs: 7.5 ml (1.5 tsp), 2 x day
 - d. 4 yrs: 10 ml (2 tsp), 2 x day
 - 2. Pediatric Diflucan
 - a. Children (above 2 weeks): Use oral suspension, 40 mg/ml preparation.
 - b. Take 6 mg/kg wt per day total.
 - c. 1 to 2 doses per day, 10 days, every day.

b. Adults Rx:

1. Pharmaceutical: Nystatin, Diflucan, Sporanox, Lamisil

a. Diflucan (Fluconazole)

1. Every other day for one month, or daily for two weeks then every other day for two weeks.

2. Adults: 150 to 200 mg per day.

2. Natural:

a. Oregano Oil

1. ADP (Biotics)

b. Undecylenic acid (castor oil)

c. Grapefruit seed extract (aka Citrus seed)

d. Berberines (above)

e. Combination products

f. Not very effective: capsin, tea tree oil

c. Notes:

1. Natural antifungals should be rotated every month
 - a. Assume one month of treatment for every number on the fungal scale (+1-5)
2. Add immune modulators
 - a. Lactoferrin, Whey, Probiotics, Colostrum

5. Indication for Probiotics

- a. If beneficial bacteria say “abundant” on test, then patient doesn’t need probiotics
 - 1. If it says “moderate”, consider probiotics
 - 2. “Scant” definitely needs probiotics
- b. Patients usually need probiotics in the presence of significant Candida, pathogenic bacteria or after taking antibiotics

c. GI FUNCTIONS

1. Lysozyme and Anti-Chymotrypsin (ACHY)

a. L-Glutamine, 1-6 g. day.

1. Increases number of cells in small intestine
2. Increases the number and height of villi
3. Increases intestinal SIgA production

b. Mucilaginous herbs - soothe and increase normal mucosal

1. Marshmallow, Slippery Elm, Aloe, Okra
2. GI-Encap (Thorne)

c. Combination products:

1. GlutAloeMine (Xymogen)
2. Med Caps GI (Xymogen)
3. UltraInflam (Metagenics)

d. Bioflavonoids (Quercetin, rutin, hesperidin)

2. Chymotrypsin

a. HCL/Pepsin

1. HCL should be combined with pepsin
2. Supplementation helps pollen and food allergies
3. Usually 3-4 capsules with each meal. May be increased to 8 in severe cases. (Start with one capsule).

b. Digestive enzymes

1. Same symptoms as deficient HCL
2. Low enzymes may be best treated with HCL/Pepsin, a combination of HCL & digestive enzymes, or enzymes alone
3. May be porcine (e.g., pancreatin), plant, or fungal in origin.
4. Undigested food in stool is usually sign of low pancreatic enzymes

3. Stool SIgA

- a. Treat same as Saliva SIgA (above)

**b. FUNCTIONAL MEDICINE TREATMENT BASED ON
THE “5 R”**

1. REMOVE pathogenic bacteria, yeast, parasites
2. REINOCULATE good bacteria
3. REPLACE
4. REPAIR gastrointestinal lining
5. REVITALIZE gastrointestinal tract

1. REMOVE irritants

- a. Pathogenic bacteria, yeast, parasites
- b. Food Allergens
- c. NSAIDS
- d. Alcohol
- e. Sugar, refined foods
- f. Additives/Preservatives

2. REINOCULATE good bacteria

a. Prebiotics: food for good bacteria

1. FOS (fructo-oligo-saccharides)

- a. Preferred fuel for bifido & lactobacilli

2. Inulin (Jerusalem Artichoke)

3. Fiber - soluble/insoluble

- a. Bacteria need to live on fiber, cannot live on mucosal lining

b. Types of Fiber

- 1. Soluble: psyllium husk or seed, flax, pectin, oat bran, dried beans and peas, nuts, fruits such as oranges and apples, vegetables such as carrots

- 2. Insoluble: rice bran, wheat bran, flax seed, vegetables such as green beans, cauliflowers and potato skins, fruit skins and root vegetable skins

c. Other benefits of fiber

- 1. Keeps waste material in GI soft and bulky
- 2. Slows the absorption of carbohydrates
- 3. Lowers cholesterol
- 4. Benefits estrogen metabolism

b. Good probiotics - a mix of various strains

1. Compete aggressively with pathogenic bacteria and fungi
2. Good manufacturers: Pharmax, Metagenics, Xymogen
3. Best refrigerated, but good bottle should be OK for 1 month at room temperature
4. Many store probiotics are dead, inert (using microscope)
5. Avoid enteric coated
6. With or without meals (pros and cons of each)
7. If taking antibiotics, do not take within 2 hours
8. Some people use probiotic enemas
9. Good probiotics: Lactobacillus, Bifidobacterium, Sporogenes
10. Dosage:
 - a. Must implant, establish dominance, fortify, and maintain
 - b. Neonate: 2-6 billion/day
 - c. Adults for LGS or after antibiotics: 35 billion organisms daily
 1. Treat 3-4 weeks after use of prescription and natural antimicrobials
 - d. Irritable Bowel Syndrome - 25-75 billion organisms daily
 - e. Inflammatory Bowel Disease - 100-450 billion organisms daily

c. *Saccharomyces boulardii* – a non-pathogenic fungus

1. Stimulates an immune response along the intestinal lining
 - a. Stimulates the production of SIgA and IgG to strengthen the digestive tract's defenses against infection
 - b. Helpful in diarrhea, esp. pediatric, geriatric
 - c. Dose: Adult 250-1000 mg/day, condition dependent, small children 250 mg/day
2. Routinely given in Europe when given antibiotics
 - a. Inhibit growth of *Candida albicans* by competing
3. Promotes enzyme production, helping with repair and maintenance of normal gut mucosa
4. Promotes activity of disaccharide enzymes which can help prevent diarrhea

3. REPLACE

- a. Lost vitamins and minerals
- b. Lost probiotics

4. REPAIR

- a. **Gastrointestinal lining**
 - 1. Glutamine repairs damaged epithelia
 - a. Glutamine, 1-6 g. day

b. Combination products:

1. GlutaloeAmine (Xymogen)

- a. L-Glutamate
- b. Arabinogalactan
- c. Deglycyrrhizinated Licorice
- d. Aloe Vera

2. MedCaps GI (Xymogen)

- a. Pantothenic Acid (as d-calcium pantothenate)
- b. Zinc
- c. Inulin
- d. L-Glutamine
- e. Aloe vera

3. Perma-Clear (Thorne)
 - a. L-Glutamine
 - b. N-Acetyl-glucosamine
 - c. Saccharomyces boulardii
 - d. Quercetin phytosome (from *Sophora japonica* concentrate, leaf)
 - e. Phosphatidylcholine complex (from Sunflower)
 - f. **Bacillus coagulans**
4. UltraInflam 360 (Metagenics)

2. Omega-3-oils such as EPA/DHA in fish oil suppress production of inflammatory mediators
 - a. Pharmex fish oil, Arctic Nordic Natural Cod Liver Oil; Xymogen Arctic Oil
 - b. One to two tablespoons a day
 - c. Some take 8 tablespoons a day
3. Deglycyrrhizinated Licorice
 - a. 1 - 2 g/day
 - b. Soothes and coats the linings of the GI and urinary tract
4. Butyric acid – help create tight junctions
 - a. 2 tsp butter a day
 - b. Arabinex (Thorne)
 1. Increases butyric acid
5. Zinc
 - a. Helps to tighten the junctions
 - b. Zinc inhibits inflammation by blocking mast cell release of histamine

6. NAG (N-acetyl glucosamine) - key precursor for gut epithelium
 7. Vitamins C, A, pantothenic acid (B5)
 - a. Zinc directly inhibits inflammation by blocking mast cell release of histamine (also HCL)
 8. Anti-oxidants for free radical scavenging
 9. Melatonin
 - a. Recent research shows that it helps to regulate both inflammation and motility in the gastrointestinal tract
- b. Repair and restore liver detoxification function
1. NAC (N-acetyl cysteine): 1000-2000 mg/day
 2. Glutathione

5. REVITALIZE

a. Digestion

1. Stomach-pancreas HCL and enzymes
2. Gallbladder metabolism causing biliary maldigestion
 - a. Symptoms: fat intolerance, gastric distress, hypochondriac
 - b. Stool: White or grayish, stringy, or floating
 - c. Treatment:
 1. Cholagogues: dandelion (taraxacum), celandine, ox bile, B-12, folic acid, methionine, taurine
 2. Choloretics:
 - a. Curcumin: 500-1500 mg a day
 - b. Globe artichoke: 300-900mg
 - c. Berberine: 300-900 mg
 - d. Dandelion: 500-1500 mg
 - e. Calcium-D-glucarate: found in cruciferous veggies, citrus, apples, apricots, bean sprouts and cherries

b. Immune System

1. See SIgA, p.

III. UNDERSTANDING FOOD ALLERGIES/SENSITIVITIES

a. Food Allergies/Sensitivities are Focused

1. Real food allergies are inflammatory to epithelia
 - a. Will show immunoglobulin (Ig) antibodies
2. 90% Of Food Allergies Belong To 5 Groups:
 - a. Glutens (wheat, oats, rye, spelt, possibly corn)
 - b. Dairy, including goat, butter, yogurt
 - c. Soy and other beans
 - d. Eggs (usually due to MMR or flu vaccines)
 - e. Nuts and seeds

3. Other food allergies/sensitivities
 - a. Shellfish, oranges, strawberries
 - b. Some people are sensitive to nightshade plants: potatoes, tomatoes, pimentos, peppers, causing fibromyalgia pain
 - c. Histamine allergy

4. Other causes of food sensitivity
 - a. Failure to digest food
 1. Due to low hydrochloric acid or digestive enzymes
 2. "Intolerance" or "insensitivity"
 - a. Non-immunologic (no Ig)
 - b. Non-inflammatory
 - b. Other Reactants in Food
 1. Pesticides, plastics, solvents
 2. Additives: preservatives, hormones, antibiotics, enzymes, MSG
 3. Processing: smoking, salting
 4. Natural processes: aging, insects, fungi, fermentation

- c. Corn and soy reactivity may be worse with GMO plants
 - 1. Glyphosate, the main ingredient in Montasano's Round-Up, is mixed in with GMO seed
 - 2. Affects healthy gut biosis
 - 3. Wheat is not GMO (yet)

b. Incidence

1. Significant increase in last 10-20 years
2. Affects 3-4% of population (USA)
 - a. 10-12 million people
3. 80% of children will outgrow their food allergies by their teen years
 - a. Peanuts, tree nuts and seafood allergies are life-long

c. Allergy vs. Hypersensitivity vs. Intolerance

1. Traditional medical view of allergy: IgE mediated
 - a. Will show only as IgE skin reactions, or measurement of IgE in blood
 1. These are immediate reactions
2. Expanded view: "Hypersensitivity"
 - a. Involves IgG, IgM, IgA, IgE, T-cells
 1. Food allergies may only show as IgG response
 2. These are delayed reactions
 3. Blood tests can test food allergies through IgG and/or IgE
 - b. May be enzyme deficiency, not inflammatory reactivity
 1. Lactose intolerance
 - c. May be due to food additives, MSG, salicylates, etc.

d. Food Reactions and Symptoms

1. Mouth: itching, swelling, choking
2. Gastrointestinal: Nausea, heartburn, regurgitation, pain (sharp, dull), vomiting, diarrhea, bleeding, etc.
3. Skin: hives, eczema, rash, acne
4. Lungs: Cough, asthma, sinus
5. Kidneys: Bleeding, loss of protein, hypertension
6. Muscles: Fatigue, wasting, soreness
7. Joints: Swelling, pain, limitation of motion
8. CNS: Migraines, epilepsy, depression, hyperactivity, cognitive changes
9. Heart: Arterial spasm, palpitations, arrhythmia

e. Gluten reactivity (Gliadin)

1. General

- a. Wheat, rye, barley are gluten grains
- b. May extend to oats, corn
- c. Gluten is the substance that makes the grain sticky
- d. Need to distinguish celiac versus gluten sensitivity

2. Celiac Disease

a. Real celiac disease is autoimmune

1. Genetic predisposition

2. 1 in 133 people in USA (1.3% of population)

a. Relatively rare

3. If a relative has it, then 1 in 22 chance

b. Celiac stimulates humoral and cell-mediated immune responses

1. Inflammatory cytokine release leads to enterocyte destruction in epithelial wall of SI and LI

c. Can correlate with other autoimmune disorders

1. Autoimmune won't happen if genetic defects are not present

d. Patients need to stay off glutens forever

e. Diagnosis

1. Blood test: Anti-tissue transglutaminase antibody (anti-tTG, IgA)
 - a. Most sensitive marker
2. Antibodies to deaminated gluten peptide (DGP)
 - a. Biopsy of duodenum reveals villous atrophy
 - b. HLA-DQ2 and HLA-DQ8 (serotypes) is 95% positive
 - c. However, 25-30% of European Caucasians have one or both defects
3. Saliva gliadin marker (Diagnos-Techs)
 - a. Not all patients with elevated gliadin have full-blown celiac

3. Gluten sensitivity

- a. Officially, Non-Celiac Gluten Sensitivity (NCGS)
- b. By definition, have reactions to glutes, but have no genetic, immunologic, autoimmune or endoscopic markers
 1. No overt enterocyte destruction, but can initiate inflammatory response
 - a. 50% of gluten sensitivity patients carry either HLA DQ 2 or 8 gene
 - b. A subset of patients with IBS have gluten sensitivity
- c. 50% of patients with gluten sensitivity have IgG or IgA gliadin marker
 1. see: Diagnos-Tech, Kent, WA
- d. Gluten sensitivity may be acquired following violated epithelia due to other causes
 1. Dysbiosis
 2. Protozoan or bacterial
 3. Other food allergies

- e. Abnormal reactions to gluten (abdominal bloating, loose stool, etc), may be due to IBS (Irritable Bowel Syndrome)
 - 1. May also be reactive to other foods found in FODMAP group
 - 2. See Lecture 7, *Irritable Bowel Syndrome*
- f. American wheat may be more problematic than European wheat
 - 1. It has been extensively mono-cultivated
 - a. More sugars, more mucus-producing
 - 2. Since 1984, American bakers have used quick-rising yeast, created in the lab
 - a. Keeps crust soft
 - b. Europeans do not use this yeast
 - 1. Hard crust
 - 3. Many Americans with wheat sensitivity do fine with wheat products in France and Italy

4. Some people have a histamine allergy
 - a. Mast cell disorder
 - b. Lab values
 1. Histamine will be elevated in blood
 - a. Normal: 0.3 to 1.0 nanograms per millilitre (ng/mL)
 2. Serum DAO (diamine oxidase) is low
 - a. Gut enzyme that clears histamine
 - b. Requires quantitative enzyme immunoassay
 - c. <40 HDU/ml)
 3. Scratch test: Subcutaneous injection of histamine results in large reaction
 - c. Symptoms
 1. Itching, hives, edema, tachycardia, panic attack, runny nose or eyes, eczema

d. Foods high in histamine

1. Fish and shellfish
2. Cheese
3. Alcohol
4. Vinegar
5. Fermented foods: sour kraut, miso, soy sauce,
6. Processed meats
7. Citrus fruits

5. Non-allergenic foods:

1. Meats, most vegetables, most fruits, rice, millet

f. TESTING FOR FOOD ALLERGIES

1. Elimination Diet

- a. 3-week minimum of elimination diet
- b. Reintroduce one food only at a time
- c. Symptoms usually include malaise, joint or muscle aches and pains, changes in sleep patterns, headaches, constipation, diarrhea, or rash.

g. FOOD ALLERGY TESTING

1. IgG testing

a. **US BIOTEK**, Seattle, WA. (877-318-8728)

www.usbiotek.com

1. Finger-prick IgG Antibody Food Panels, 96 foods (\$126)

2. Finger-prick Candida antibodies (IgA, IgG, IgM)

b. **DUNWOODY LABS**, Dunwoody, GA,

www.dunwoodylabs.com

1. Tests IgG and IgG-C3d (immune complex)

2. CYREX LABS (www.cyrexlabs.com)

a. Array 2 – Intestinal Antigenic Permeability Screen

b. Array 3 - Wheat/Gluten Proteome Reactivity & Autoimmunity

c. Array 4 - Gluten Associated Cross Reactive Foods & Foods Sensitivity

d. Array 5 – Multiple Autoimmune Reactivity Screen

3. LEAP Testing

a. **OXFORD BIOMEDICAL TECHNOLOGIES**

(www.nowleap.com)

b. MRT (Mediator Release Test)

4. ELISA/ACT BIOTECHNOLOGIES (www.elisaact.com)

h. NOTES CONCERNING FOOD ALLERGIES

1. Food triggers keeps intestinal mucosa inflamed
 - a. Inhibits healing of gut lining
 - b. Prolongs absorption of toxins
 - c. Difficult to heal leaky gut if food triggers are not identified and removed
2. Food antibodies will disappear in 2-3 months if the food are discontinued
3. NAET and BIOSET can help clear antibodies from system more quickly
 - a. Contrary to claims, one cannot introduce the foods immediately or within 24 hours
 - b. The intestinal lining needs to heal for two months
 - c. Introduce foods one at a time and make sure they are clear,
 1. Confirm with electro-dermal testing or muscle testing
 - d. Start with simplest foods first; introduce glutens and dairy last

4. Some foods are constitutional, esp. dairy and gluten
 - a. Stay off constitutional foods
 - b. Get family history
 - c. Blood type O reportedly has more problems with glutens and dairy
 - d. Northern Europeans tolerate dairy the best
 - e. Worst for dairy: Asians, Africans (except NE pastoralists)
 - f. 50% intolerance: Jews, Mediterranean

IV. TCM HERBAL FORMULAS FOR FOOD ALLERGY

- a. *Wu Mei Wan* 37
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WU MEI WAN

Formula: *wū méi wán* (乌梅丸), “Mume Pills”

Author: Zhāng Zhòng-Jǐng (张仲景)

Source: *Shāng Hán Lùn* (伤寒论), 220

Literal: “Injury (by) Cold, Discussion”

Availability:

WU MEI WAN (BP, HT)

Ingredients: (from Herbal Times “Wu Mei Wan”)

<i>wū méi</i> (乌梅), Fructus Mume	18.5 %	L
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	11.1	AB
<i>zhì fù zǐ</i> (炙附子), Radix Aconiti Lateralis Praeparata	11.1	E
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	11.1	E
<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	11.1	BA
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	11.1	DB
<i>rén shēn</i> (人参), Radix Ginseng	11.1	AA
<i>huáng lián</i> (黄连), Rhizoma Coptidis	7.4	DB
<i>huā jiāo</i> (花椒), Pericarpium Zanthoxyli	3.7	E
<i>shǐ jūn zǐ</i> (使君子), Fructus Quisqualis	3.7	Q

FOOD ALLERGY

Wu Mei San Jia Ling Zhi

Author: Xiu-min Li

<i>wū méi</i> (乌梅), Fructus Mume	23 g.	L
<i>líng zhī</i> (灵芝), Ganoderma	22	AA
<i>rén shēn</i> (人参), Radix Ginseng	9	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	8	AB
<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	7	BA
<i>huáng lián</i> (黄连), Rhizoma Coptidis	5	DB
<i>huáng qín</i> (黄芩), Radix Scutellariae	5	DB
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	7	DB
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	7	E
<i>huā jiāo</i> (花椒), Pericarpium Zanthoxyli	7	E

FOOD ALLERGY

Author: Jake Fratkin

<i>líng zhī</i> (灵芝), Ganoderma	19 g.	AA
<i>wū méi</i> (乌梅), Fructus Mume	19	L
<i>fáng fēng</i> (防风), Radix Saposhnikoviae/Ledebouriellae	12	BA
<i>bái tóu wēng</i> (白头翁), Radix Pulsatillae	12	DD
<i>huáng lián</i> (黄连), Rhizoma Coptidis	8	DB
<i>lián qiào</i> (连翘), Fructus Forsythiae	8	DD
<i>huā jiāo</i> (花椒), Pericarpium Zanthoxyli	6	E
<i>bái huā shé</i> (白花蛇), Agkistrodon bungarus	8	FA
<i>mù xiāng</i> (木香), Radix Aucklandiae	8	G

CODE LETTERS OF HERBAL COMPANIES

AL	Alembic (Kan)
BP	Blue Poppy
CC	Chinese Classics
CMS	Chinese Modular Solutions (Kan)
CS	Cardioshen (TCM Zone)
CP	Classical Pearls
DrJ	Dr. Jake Fratkin's Herbal Formulas
DS	Dr. Shen's
EG	"Standardized" extract granules or capsules from Taiwan and China: Acuherb, E- Fong, Evergreen, Guang Ci Tang, Herbal Times, KPC, Legendary, Mintong, Nong's, Qualiherb, Sunten, etc.
EV	Evergreen
GC	Guang Ci Tang (Active Herb)
GF	Golden Flower
GN	Great Nature (People's Herbs)
GW	Gentle Warrior (Kan)
HC	Health Concerns
HS	Honso
HT	Herbal Times (Nuherbs)
JD	Jade Dragon (Nuherbs)
JW	Jade Woman's Herbals
K	Kan Herbals and Traditionals
KN	Kanion (TCMZone)
KPC	Kaiser Pharmaceutical (Taiwan)
MS	Minshan (China)

PF Plum Flower (Mayway)
PH People's Herbs
PiM Pine Mountain (Institute of Traditional Medicine)
PM Patent Medicine (various manufacturers, China)
PX Panaxea
SF Seven Forest (Institute of Traditional Medicine)
TL Tanglong (China)
TT Three Treasures
TZ TCMZone

CODE LETTERS FOR THE HERBAL CATEGORIES

AA	Tonify <i>Qi</i>	<i>bǔ qì</i> (补气)
AB	Tonify Blood	<i>bǔ xuè</i> (补血)
AC	Tonify <i>Yang</i>	<i>bǔ yáng</i> (补阳)
AD	Tonify <i>Yin</i>	<i>bǔ yīn</i> (补阴)
BA	Acrid-Warm Release Exterior	<i>xīn wēn jiě biǎo</i> (辛温解表)
BB	Acrid-Cool Release Exterior	<i>xīn liáng jiě biǎo</i> (辛凉解表)
CA	Dry Dampness, Dissolve Phlegm	<i>zào shī huà tán</i> (燥湿化痰)
CB	Clear Heat, Dissolve Phlegm	<i>qīng rè huà tán</i> (清热化痰)
CC	Relieve Cough, Panting	<i>zhǐ ké píng chuǎn</i> (止咳平喘)
DA	Clear Heat, Drain Fire	<i>qīng rè xiè huǒ</i> (清热泻火)
DB	Clear Heat, Drain Dampness	<i>qīng rè lì shī</i> (清热利湿)
DC	Clear Heat, Cool Blood	<i>qīng rè liáng xuè</i> (清热凉血)
DD	Clear Heat, Resolve Toxins	<i>qīng rè jiě dú</i> (清热解毒)
DE	Clear Heat, Nourish <i>Yin</i>	<i>qīng rè yǎng yīn</i> (清热养阴)
DF	Clear Heat, Resolve Summer-Heat	<i>qīng rè jiě shǔ</i> (清热解暑)
E	Warm Interior	<i>wēn lǐ</i> (温里)
FA	Dispel Wind, Overcome Dampness	<i>qū fēng shèng shī</i> (祛风胜湿)
FB	Dispel Dampness	<i>qū shī</i> (祛湿)
FC	Drain Dampness	<i>lì shī</i> (利湿)

G	Rectify <i>Qi</i>	<i>lǐ qì</i> (理气)
H	Remove Food-Stasis	<i>dǎo zhì</i> (导滞)
J	Stop Bleeding	<i>zhǐ xuè</i> (止血)
K	Invigorate Blood, Dissolve Stasis	<i>huó xuè huà yū</i> (活血化瘀)
L	Consolidate, Astringe	<i>gù sè</i> (固涩)
M	Open Orifices	<i>kāi qiào</i> (开窍)
N	Tranquilize Heart, Calm <i>Shen</i>	<i>zhèn xīn ān shén</i> (镇心安神)
O	Extinguish Wind, Stop Tremors	<i>xī fēng zhǐ chōu</i> (熄风止抽)
PA	Purgatives	<i>xià fǎ</i> (下法)
PB	Moistening Purgatives	<i>rùn xià</i> (润下)
PC	Purgation by Expelling Water	<i>gōng xià zhú shuǐ</i> (攻下逐水)
Q	Kill Worms	<i>shā chóng</i> (杀虫)
R	External Application	<i>wài zhì fǎ</i> (外治法)