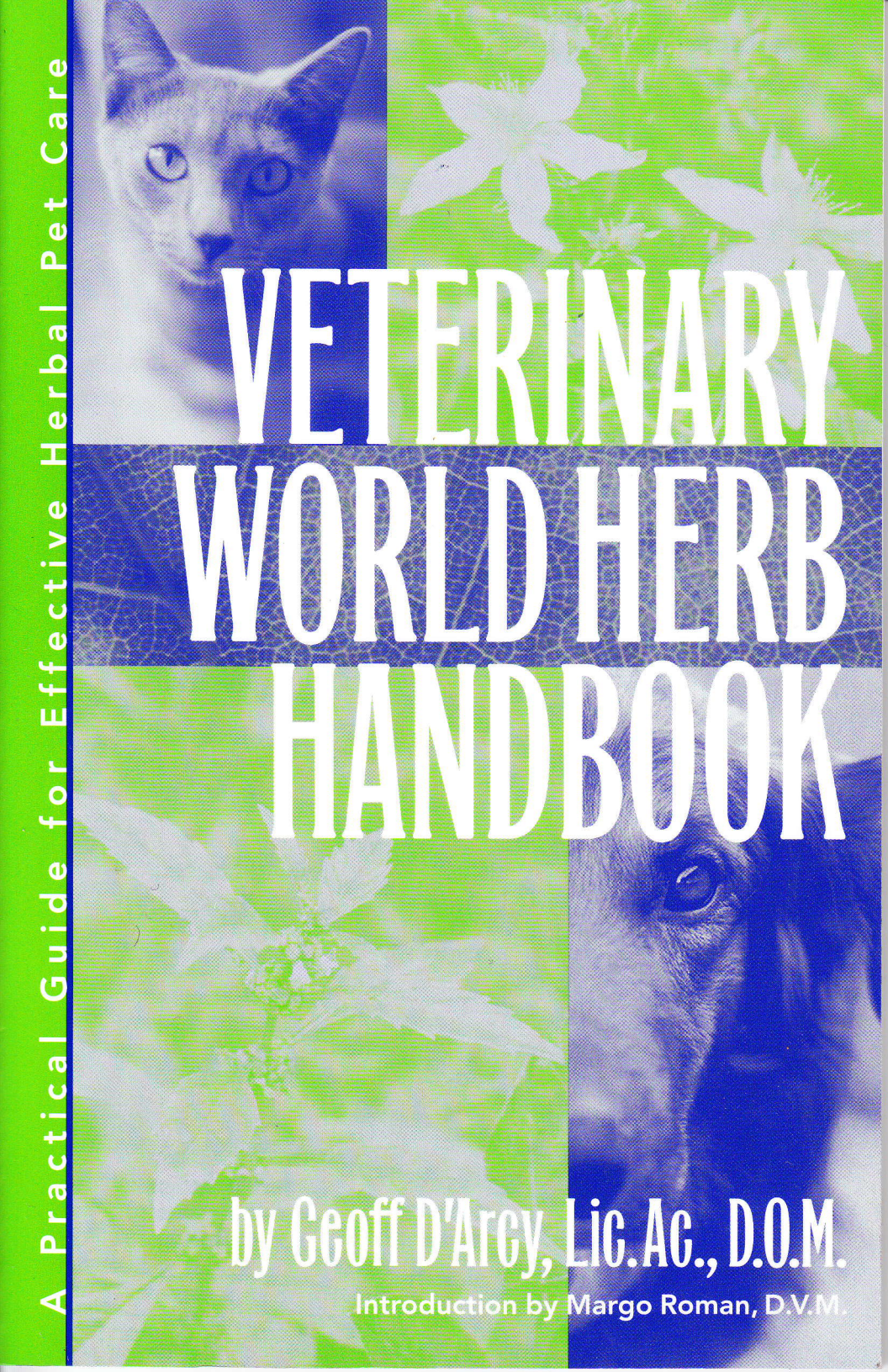


A Practical Guide for Effective Herbal Pet Care



VETERINARY WORLD HERB HANDBOOK

by Geoff D'Arcy, Lic.Ac., D.O.M.

Introduction by Margo Roman, D.V.M.



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author's disclaimer

The following recommendations are written for the purpose of education and perspective and are not intended to be medical advice, nor a prescription for any disease. If your animal has a medical condition or is experiencing any unusual or persistent symptoms, please consult a qualified natural healthcare veterinarian immediately.

Dedication:

*Udhvam Jigatu Bhesajam;
Sanno astu dwipathe; Sanchtushpathe;*

OM Shanti! Shanti!! Shanti!!!

Let medicinal plants grow skywards
Let two-legged and the four-legged (living beings) prosper.

OM Peace!	Peace!!	Peace!!!
(in thought)	(in word)	(in deed)

To all of our four-legged friends,
and my special animal friend, Shenmen.

“May all sentient beings be happy.”



Geoff and his teacher, Shen

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Introduction by Margo Roman, DVM

Enhancing the healing process of both humans and animals with nutritional herbs is as ancient as the Bible. Excluding the innate qualities of living plants to help the body heal is denying someone a tool to mend the weakened individual. Herbs can be used in almost all cases to boost the immune system and nutritionally support the body. If animals could choose for themselves, they would instinctively try to consume certain types of plants to help themselves heal. We confine our pets therefore they do not have those instinctive choices.

Since 1983 I have pioneered the integration of natural medicine into my profession and my own practice of veterinary medicine. From 1999 to this day I have been fortunate enough to have access to Geoff D'Arcy's Veterinary World Herb Formulas. With his Doctorate in Oriental Medicine and extensive background in both Western and Eastern herbs and their interactions, I have had the confidence to prescribe these formulas. His desire to use organic, consistent and fresh herb formulas, has given me the comfort to know that they are supporting the animals in my practice. His method of giving the formulas symptom specific names makes Veterinary World Herbs accessible to even those with a limited knowledge of the science of medicinal herbs. This book gives us another tool, a solid handbook, to build the best possible treatment plan, without having to be an expert herbalist.

Margo Roman, DVM

M.A.S.H., Main Street Animal Services of Hopkinton, MA

The Wisdom of Herbal Pet Care

Veterinarians today report a tremendous increase in the amount of cancer and heart disease in their patients. Younger and younger animals are presenting with diseases that were rare back in the early 1950's. Immune system problems, chronic skin and ear allergies, digestive upset, thyroid and adrenal disorders, seizures, gum and teeth problems, degenerative arthritis, kidney and liver failure, heart disease and cancer are all common these days among our animal friends. Vets are reporting more behavioral disorders as well, with more fears and aggression seen in our nation's 68 million owned dogs and 71 million owned cats. (APPMA 2001-2002) "Dogs resemble the nation which creates them..." stated Gertrude Stein, back in 1940. We must realize that our world today has become dangerous to the health of our animal friends and explore new ways to keep them healthy.

For a modern-day pet there is a high likelihood of coming in contact with toxic pesticides, herbicides and dangerous household chemicals. On a daily basis, pets may be exposed to toxins put on our "green" lawns, chemicals found in puddles on the street, additives and preservatives in their food, and chemicals found in household cleaning products. Foods sold for pets have much lower standards than those for humans and are often devoid of energy and nutrition, laden chemicals and preservatives, over-processed and boring. Equally important, medicines used on animals are often powerful pharmaceuticals that may have side-effects that we are often unable to monitor. Even substances used for flea and tick prevention can expose them to extremely poisonous chemicals that can wreak havoc on their immune systems. Vaccinations are also under scrutiny. We vaccinate to defend them from the onslaught of disease, yet as Martin Goldstein, DVM says in *The Nature of Animal Healing*, "...a growing number of holistic and now even conventional veterinarians are convinced, from sad experience, that the vaccines they have administered are doing more harm than good."

With our extensive use of antibiotics and steroids, many believe that we are merely focusing on suppression of symptoms and not treating the underlying causes of disease. However, by doing so, we are helping to create new beefed up viruses and bacteria. Strengthened by overuse of antibiotics, bacteria and viruses can now decimate entire populations of marine mammals, fish and dolphins, and are also rife among our household animal friends. Feline Infectious Peritonitis (FIP), Feline Leukemia (FeLV) and Feline Immuno Deficiency virus have appeared as recently as 1986.

Ironically, with modern medicines, our pets are perhaps living longer, but are they living better? Living longer lives they will have the opportunity to have more chronic illnesses and develop more cancers. Some seventy types of cancer have been identified in domestic animals. According to an October, 1997 Morris Animal Foundation survey, cancer is the number one killer of dogs and cats, and the number one concern of pet owners. In the Morris study, which surveyed 2,003 pet owners, the leading cause of non-accidental death in dogs was cancer at 47 percent and one of three leading non-accidental causes of death in cats at 32 percent.

The tarnished “silver bullet”

“We have let our profligate use of antibiotics reshape the evolution of the microbial world and wrest any hope of safe management from us. Resistance to antibiotics has spread to so many different, and such unanticipated types of bacteria, that the only fair appraisal is that we have succeeded in upsetting the balance of nature.” —Marc Lappe, *When Antibiotics Fail*

Scientists during the 1950’s thought we were within reach of a world free from malaria. At this time, a world free from all bacterial infections really seemed a possibility. Today, the medical “advances” of yesterday are slipping away. Sadly, we now know the vision of a “silver bullet” ~ or a drug for all bacterial diseases ~ is a tarnished one. According to the American Center for Disease Control and Prevention (CDC), over 13,000 patients in the U.S. were killed by *drug resistant* bacterial strains in 1992. By 1997, over 100,000 people were estimated to be dying, and 3 million people were admitted to hospitals with difficult-to-treat, antibiotic-resistant bacterial infections; an additional 2 million people developed infections getting routine medical procedures. Even Alexander Fleming, the inventor of penicillin, noted as early as 1945 the danger of staphylococcus bacteria’s resistance to penicillin. In 1945, despite the fact that it only had five years of limited use, up to 14% of all staphylococcus were resistant. By 1950, 50% were resistant, and by 1995 fully 95% were resistant. In 1943, streptomycin became the first cure for Tuberculosis (TB), and by 1947 streptomycin-resistant TB strains were reported.

Bacteria evolve at fantastic speed; one bacterium can produce almost 17 million in a 24-hour period! This allows them to pass along the drug-resistant gene not only to their own species but, more significantly, to other unrelated microbes. Overuse of antibiotics today greatly exacerbates the resistance problem. Shockingly, in the U.S., to fight infection and make livestock grow more quickly, in factory farms it is legal for 80 different antibiotics to be added directly to animal grains!

In spite of this onslaught, we must remember that our immune systems and those of our animals are remarkably efficient. Even peers of Louis Pasteur's germ theory, researchers such as Max von Pettinkofer and Elie Metchnikoff, insisted that bacteria do not *cause* disease, but rather create an interruption in the normally healthy ecology of the body. Basically, human and animal beings live in, and have evolved from, a sea of bacteria. We have adapted and deal effectively with them when our systems are in balance and in full health. As Marc Lappe says, "It is the *body* which ultimately controls infection, not chemicals. Without underlying immunity, drugs are meaningless."

At the core of holistic medicine is the understanding that you need to look at the *whole* system to determine the source of disease and guide the course of healing from there. At the core of holistic pet care is the notion that the best way to cure an animal who is ill is to help the animal cure itself. Taking the holistic approach, we can see that there are alternatives to powerful pharmaceuticals, and that we can support the immune systems of our animals so they can remain strong and stay healthy in today's world. In addition to providing proper nutrition and exercise and a loving home, we can offer nutritional and healing support from nature in the form of herbal medicine. As an added bonus, when we eschew unbalanced pharmaceuticals in favor of the proactive protection of herbal medicine, using Mother Nature's medicine with all of her complex chemistries, there are *never* acquired resistances due to their use.

Nature's Pharmacy

Plants generate chemicals as medicines to protect themselves. Plants have evolved from the same "sea of bacteria" and they, too, have been generating defensive compounds to protect themselves for some three and a-half billion years of life (marine micro algae). Anti-fungal, antibiotic and pre-infection anti-microbial compounds protect the plant from invading pathogenic organisms. For example, they can produce anti-fungal compounds to protect their roots. Chicory roots, for example, produce anti-fungal compounds that are so strong, that if they are kept moist for long periods on a plate they will not mold. It is a matter of survival for this plant, in damp, wet soil, to protect itself and its roots against mold. Plants need to generate these natural, yet complex chemistries to survive. They can generate antibiotic, anti-microbial, mucilaginous, gum, resin, anti-inflammatory, and analgesic compounds. Plants can also combine and move any of these compounds where they are needed, and yet, because many of them are extremely reactive to the air, and are often stored inside cells deep within the plant.

Anti-inflammatory compounds such as *quercitin* are made by plants for release into damaged areas to control cellular inflammation. Salicylic acid, the precursor of aspirin, is isolated from *Willow bark* and *Meadowsweet*. Both of these plants are used as anti-inflammatory agents in herbal medicine. Salicylic acid can stimulate or inhibit growth depending on the dosage used, and it is also analgesic. Plant compounds that inhibit cell division may be used as anti-cancer compounds. Within the plant they may inhibit cell division in other seedlings attempting to germinate too close to the plant.

Plants will also generate hundreds of compounds to protect themselves from animals and insects. They may produce glycosides that can be toxic only when digested by the animal to deter a certain animal from that plant. Tannins in leaves have mild anti-bacterial compounds and act as a barrier against penetration and colonization by plant pathogens. They dry out leakage of fluids from any break in the plant's cells, causing contraction of the tissues. They also can bind with these pathogens on the surface causing a hardening or tanning of the cells, creating a protective layer, shutting down entry of the pathogen to the plant.

The Whole Plant View

It is fascinating to note that bacteria do *not* develop resistance to *whole* plant medicines. Plant medicines, unlike pharmaceuticals, contain thousands of complex compounds that work synergistically that are so complex that it is very difficult for pathogenic agents to develop resistance. Numerous plant medicines have shown activity against the very same bacteria that have developed resistance to human pharmaceuticals, with very few side effects. The African herb, *Cryptolepsia*, and “cold” energetics of a Chinese herb of *Qing Huo* (*Artemisia annua*,) are more effective against non-resistant malaria strains than pharmaceuticals, and produce none of the side effects seen from Chloroquine. *Artemmisen*, in the Chinese herb, *Qing Huo*, has shown in clinical trials to be very effective against the most deadly strains of malaria and will soon be the treatment of choice.

Parasites, similar to bacteria, are also constantly evolving, countering our moves against them. In Vietnam, first with the French and then with Americans, it was noticed that the first drug-resistant strains were starting to be appear. Chloroquine's effectiveness was on the wane almost as soon as it was developed and the reason was due to the evolution of the parasite itself. The medical approach to resume the fight against malaria attempted to use combinations of several chemicals or alkaloids, in other words, a combination not unlike cheap *Cinchona* bark! It seems the only lasting hope for conquering malaria and other diseases will come from nature's complex compounds.

“(The) interwoven connections of the plants and their chemistries to the life around them has begun to reveal to contemporary peoples that the plant chemistries are used not only for the plants themselves, but are created and released to heal disease throughout the ecosystems in which they grow” ~Stephen Harrod Buhner, *The Lost Language of Plants*

The connection of humans and animals is interwoven into our planet’s (Gaia’s) regulatory network of life. Animals and humans are called to the same healing resources within the sophisticated chemistries and energies of plants. Plant systems automatically observe when a member is struggling and ill, and the mycelial networks within the surface of the soil, transport and direct the healing chemistries toward it. When, for example, a species is under attack by insects and cannot produce enough of a compound to protect itself, healthy plants in the same system will provide support by passing along through the mycelial network much-needed chemical reinforcements. In one experiment, scientists deliberately cut a full circle of bark around the trunk of the tree, which should normally kill the tree. The tree survived on nutrients transported via the mycelial network from other plants in the community. The tree lived for years, while trees disconnected from the mycelial network died within a year.

Animals are able to utilize this intelligence found in the natural world. An animal will seek out certain grasses when it feels unwell to help regulate the health of mucous membranes of the intestines with the naturally occurring antibacterial and anti-microbial actions found in the grasses. Great apes employ over thirty species of plants for medicinal purposes. There is now even a scientific term for the study of the use of medicinal plants by animals: zoopharmacognosy.

What Animals Know

Herbalists have long known that many of the defensive compounds found inside plants make effective herbal cures. They know that the natural environment provides a seemingly endless supply of potential medicines. However, the idea that animals might also use herbs (or anything else) to self-medicate has, until recently, been dismissed as romantic. Plants generate compounds for protection, and animals have, by trial and error, learned over millennia how to use these compounds. Humans have learned from animals how to use the plants in their environments. The studies are fascinating and provide us with a wealth of information about how animals instinctively understand how and when to use plants as medicine.

Animals have been on the planet for hundreds of millions of years. Animal knowledge about the use of plants as medicines may be passed along genetically over the ages, or it may come from instinctual understanding. It may also come from the animal's ability, like the those of the plant kingdom, to call to itself those substances needed to return to balance.

"The idea that animals can convey meaning, and thereby offer an attentive human being, illumination is a commonly held belief the world over. The view is disparaged and disputed only by modern cultures with an allegiance to science as the sole arbiter of truth. The price of this conceit, to my way of thinking is enormous."

-Barry Lopez, *The Language of Animals*

Traditional peoples have always learned from animals and assimilated this knowledge into their own systems of healing. Even in recent history, the cancer treatment practiced by Harry M. Hoxsey, (1901-1974), one of the longest-lived unconventional therapies of this century, came to us from an animal. The "Hoxsey treatment" was developed in 1840 by John Hoxsey, Harry Hoxsey's great-grandfather. It was derived from grasses and flowering wild plants growing in a pasture where one of John Hoxsey's horses, afflicted with a cancerous growth, grazed daily. The horse's cancer reportedly disappeared, and John Hoxsey surmised that the wild plants had caused the recovery. He gathered some of the plants from the pasture, and later added ingredients from old home remedies for cancer. He used the resulting herbal mixture to treat similarly afflicted horses near his farm in southern Illinois. The herbal formula was bequeathed to John Hoxsey's son, then to Harry's father John, and finally to Harry Hoxsey in 1919, whose father charged him with using it to treat cancer patients "if need be, in defiance of the high priests of medicine." Although Harry's father, a veterinary surgeon, was the first to use the formula to treat people with cancer, it was Harry Hoxsey who made it famous. This Hoxsey Formula in truth was originally developed by the horse of Harry Hoxsey's grandfather.

Animal Stories: observations of animals using herbs.

Sick female chimp using *Vernonia* bush for parasites:

In her book, *Wild Health*, Cindy Engel reports an interesting story about a female chimpanzee. Dr. Michael Huffman, an American primatologist was working in Tanzania with an elder of the local Wa Tongwe tribe as a guide, who was both a skilled naturalist and an herbalist. While tracking an ailing chimp, they observed her stop in front of a *vernonia* bush (part of daisy family,) tear off a branch and begin peeling the bark. Prior to consuming the plant sap, the chimp was suffering from constipation, malaise, and

lack of appetite. A day later, she made a spectacular recovery. They continued to track the chimp, and collected dropping samples to send off for laboratory analysis. The results showed at the time of the first collection, the droppings contained 130 nematode eggs per gram. In under twenty-four hours, the egg level was reduced to 15 per gram. The chimp resumed hunting, an exercise she had been unable to perform the previous day. *Vernonia* is one of the most important and widely used medicinal plants of Africa.

Asian elephants find natural stimulant and pain killer: In the early 1940's, scientists observed Asian elephants, before embarking on long treks, devour the fruits *Entada scheffleri*. Researchers theorize that the plant may serve either as a stimulant or a painkiller.

Pregnant elephant uses a borage tree to induce birth:

According to World Wildlife Fund scientist, Holly Dublin, African elephants seek out a particular species of tree when preparing for labor. Holly followed a pregnant elephant for more than a year in Kenya, and observed that the elephant followed a uniform diet and daily behavior. However, at the end of her pregnancy, the elephant walked 17 miles in one day, many more than her usual three, and ate a tree of the *Boraginaceae* family from leaves to trunk! Within four days, her contractions started and she gave birth to a healthy calf. Dublin never observed this creature eat this species before or after this particular incident. She also found that women in Kenya brew tea from the leaves of this tree to induce labor.

Pregnancy and fertility of Muriqui monkeys of Brazil:

Anthropologist, Karen Strier, from the University of Wisconsin, found that, at different times, Muriqui monkeys of Brazil seem to practice a natural form of family planning. These monkeys have been observed at times to make a special effort to eat leaves of *Apulia leiocarpa* and *Platypodium elegans*. These two plants contain isoflavanoids, compounds similar to estrogen, that are believed to increase estrogen levels, thereby decreasing fertility. Conversely, they will eat the fruit of *Enterlobium contortisiliquim*, perhaps to increase their chances of becoming pregnant as this plant contains a precursor to progesterone called *stigmaterol*, the "pregnancy hormone".

Asian two-horned rhinos use bark of the red mangrove as anti-diarrheal:

The Asian two-horned rhino was observed eating so much of the tannin-rich bark of the red mangrove that its urine was stained bright orange.

Tannins are a major component of some over-the-counter anti-diarrheal preparations. The concentration of tannins in the bladder of the rhino necessary to change the color of its urine was undoubtedly sufficient to have an impact on parasites in the creature's bladder or urinary tract.

A Young Porcupine use mulengelele for parasites: Shortly after being taken in after its mother was caught in a snare, a young porcupine became sick, suffering from diarrhea and lethargy. It wandered off from the village and the porcupine dug up the root of a plant the WaTongwe tribe call *mulengelele*. The baby porcupine recovered from its illness.

Bears use *Ligusticum porteri*, or Bear root: *Ligusticum porteri*, or Bear root, has been known to be a fundamental medicine for American Indian cultures. It is used as a headache remedy, as a fungicide, as an insecticide, and for numerous other complaints. More than a dozen compounds in bear root have been shown to produce known pharmacological activity.

Some birds use herbs to enhance the health of their chicks. Male European starlings have been observed selecting aromatic herbs to bring back to the nest. In North America, starlings preferentially select wild carrot, yarrow, agrimony, elm-leaved and rough golden rod and fleabane even when they have to fly farther from the nest to find them. These particular herbs are all highly aromatic, and contain high concentrations of volatile oils. The herbs are woven into the nest and refreshed even as the chicks are hatching. It has been observed that chicks in the nests with the aromatic herbs have a significantly greater chance of surviving into the next season than chicks in nests from which the herbs have been removed.

Energy vs. Chemistry—How do plants heal?

The study of plants is vast and extends thousands of years into our past. Plants teach us much about the fascinating and complex world of nature. As a way to begin to think about what plants are really offering us, it is helpful to look at them from two vantage points, one from the **energetic** perspective and one from the **bio-chemical** perspective. Both of these perspectives can give us insight into the big picture of healing with plants.



Medicines derived from plants

There are many instances where the bio-chemical compounds derived from plants have been used in modern medicine.

According to Norman Farnsworth, director of the program for collaborative pharmaceutical science research at the University of Illinois, Chicago, 90 of 121 common prescriptions used worldwide originated from folklore claims. Here are some examples of human medicines derived from plants:

Allicin - Used to fight fungal infections and eliminate intestinal parasites, from garlic (*Allium sativum*); more than 100 derivatives of this compound have other medicinal uses such as to lower blood cholesterol and promote circulation.

Aspirin - Headache remedy and heart attack preventative, from willow (*Salix alba*); used in folk medicine to ease headaches.

Atropine - Antispasmodic and pupil dilator, from belladonna (*Atripa belladonna*); used by women in medieval European courts to dilate their eyes.

Digitalis - Treatment for congestive heart failure, from foxglove (*Digitalis purpurea*); used as a popular folk remedy for stimulating the heart.

Emetine - Treatment for amoebic dysentery from *Cephaelis ipecacuanha*; ipecac syrup, which induces vomiting, is prepared from the dried roots of this plant.

Ephedrine - Active ingredient in decongestants, from the stem of a Chinese shrub (*Ma Huang*); used to relieve colds and asthma attacks. iron and vitamin C - Found in shoots of stinging nettle (*Urtica dioica*); the broth makes a good tonic for anemics; freeze-dried nettle leaves are used to treat hay fever symptoms.

Menthol - In spearmint (*Mentha spicata*), used to soothe muscle lining of digestive tract; in peppermint (*Mentha piperata*) oil, used to treat migraines and topically treat muscle aches; menthol oil in steam is a good decongestant.

Morphine - Painkiller from opium poppy (*Papaver somniferum*); used by Romans and Greeks as a sedative/sleep aid.

Physostigmine - Treatment for glaucoma and poison antidote, from Calabar bean (*Physostigma venenosum*); a deadly legume given to accused criminals during rituals in Africa.

Picrotoxin - Treatment for convulsions from dried fruit of *Anamirta paniculate*; used as an antidote for morphine poisoning in India and Sri Lanka.

Quinine - Drug of choice, from the dried bark of *Cinchona calisaya*, to treat malaria until 1942, when chloroquine took over; the disease has evolved resistance to chloroquine in some areas, and quinine is still one of the best available malaria treatments.

Reserpine - Tranquilizer and hypertension drug, from snakeroot (*Rauwolfia serpentina*); used in India to calm anxiety.

Thymol - Tea brewed from the leaves of thyme (*Thymus vulgaris*) is an expectorant prescribed for coughs; thyme is also used as a digestive tonic, to promote sleep, and to decrease fever and headaches.

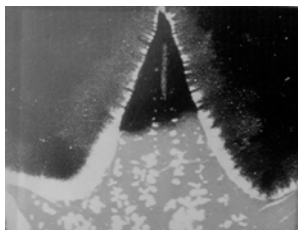
Tubocurarine - Surgical anesthetic from the Amazonian curare vine (*Chondodendrom tomentosum*); used to make an arrow poison.

Vinblastin, vincristine - Treatments for cancer from cultivated roots of the Madagascar periwinkle (*Catharanthus roseus*); found in Madagascar and India.



Plants have their own “energy” body.

A Kirlian photograph on the wall of my office pictures a leaf with the top part cut off and thrown away. The photograph captures the “corona discharge” that represents millions of electrons streaming from the leaf. The upper portion of the leaf is cut off yet one can clearly see the “phantom leaf” or “energy body” that remains. All living organisms must have an attending energy body interfacing with the physical body. All plants possess an energy body with its own unique vibrational frequency.



Plants are not mere containers of active chemical constituents. The plant’s unique and individual “electromagnetic signatures”, or “frequencies,” is a major factor in the healing processes from medicinal plants.

This bio-energetic factor has yet to be explored from a scientific viewpoint, yet from 5,000 years of use within the framework of Traditional Chinese and Japanese Medicine, a huge body of evidence has been accumulated about energetic qualities found in certain herbs, even refined to the point of understanding which energy meridian the herb enters, which organ system with which it has an energetic affinity, and to which tissues it is drawn.

Modern research is just beginning to verify the medicinal use of so many herbs. One example is *Bupleurum*, *Chai Hu*, a Chinese herb that has been described by TCM as entering the liver and gall bladder organ/meridian systems. This herb has been well studied by Japanese researchers showing that it does, in fact, have an amazing liver-protective ingredient, and they named it *Saikosaponin*. It is a major herb in the formula, *Minor Bupleurum*, (*Xiao Chai Hu Tang*) used to protect against hepatitis. This formula has been shown to lower the incidence of liver cancer among those with cirrhosis of the liver by 50%, and lower the incidence of cirrhosis among those with Hepatitis B and C. Remarkably, this formula also was shown to promote the clearance of Hepatitis B antigen from the blood of 14 chronically ill children. The Chinese had discovered the “energetic” personality of this herb in the 2nd Century A.D., guiding its usage, promoting and understanding its affinity with the liver.

Another system of healing with plants that is based solely upon the bio-energetic framework is homeopathy. Originating in 17th century England, homeopathy uses micro-doses, or minute dilutions of natural substances from the plant, mineral, and animal kingdoms. Studies show they are so diluted, that they do not even contain one existing molecule of the original plant.

There is no chemistry involved in homeopathy. However, a healing response can propagate through the body within seconds after taking a homeopathic remedy. This is much faster than any known physiological or chemical mechanism. The plant's "electromagnetic signature" or "energetic frequency" is believed to be carried through the water dilution. This bio-energetic medicine has baffled scientists and out-performed placebo. It has a following of thousands and thousands of medical practitioners and of millions of individuals throughout Europe and India. Disease, from the homeopathic perspective, is an expression of the life process, not a separate entity or an isolated target. A disease is the manifestation of a constitutional weakness coming through the weakest point in the body. Homeopathy, like all bio-energetic medicine looks to raise-up the energetic frequency of the diseased process through resonance on a vibrational level.

Resonance works on the principle that *like attracts like*. When the C string of a harp or piano is struck, all the other octave strings of C begin to vibrate. They are in resonance with one another. The different aspects of our physical, emotional, mental and spiritual being resonate to various frequencies of vibration. An example for this comes from a story told to me by a Shaman in the Amazon. He explained to me that while in an altered state of consciousness, he would capture the "song" (vibration) of the patient's illness and would then go into the forest and sing the song until the rain-forest would answer guiding him to the plant medicine.

Bio-energetic medicine gently coaxes or invites "stuck" energy to move or vibrate, and likewise, coaxes over-stimulated energy to sedate and calm itself. The analogy for this might be envisioning "healthy" energy as water and disease as a lowered frequency of water, or ice, which would be a more "congealed" or "stuck" form. The right resonance is called for by the body to "raise" its frequency or "warm" the frequency of the ice, until it is free flowing again in the form of water. Healing is achieved when the vibrational level is unified. Over time, a system finds balance between the two extremes, wanting to come back into its inherent state of balance.

New physics mingling with modern homeopathic theory believes that all medicinal plant's have a specific vibrational frequency, and that our own subtle bio-chemical and bio-energetic receptors respond to these frequencies. The correct plant or formulation of plants, will gently, healingly stimulate the body-mind to balance itself.

Herbal medicine straddles both worlds of bio-energetic medicine and bio-chemical medicine. See the following simple diagram:

Medicinal Plants Straddle both the Bio-Energetic and the Bio-Chemical Worlds

Bio-energetic medicine

Bio-chemical medicine

ACUPUNCTURE

HOMEOPATHY

HERBAL MEDICINE

VITAMINS

PHARMACEUTICALS



Acupuncture is at the pure bio-energetic end of the spectrum. Homeopathy, using medicinal plants is also bio-energetic. Vitamins, minerals and amino acids and other supplements are energetically inert and work from the solely bio-chemical basis. They provide the body with preventative bio-chemical nutrients, which are often deficient due to modern diet and lifestyle. These substances provide restorative nutrients and are, for the most part, well received by the body. Pharmaceuticals are on the extreme end of the bio-chemical scale, these bio-chemical compounds overwhelm receptor sites in an overpowering way.

Herbal medicine is able to straddle between these two worlds. On the edge of the bio-chemical approach, herbal medicine focuses on understanding the healing compounds within the plant, and reduces these down to the recognizable active ingredients. (Standardized extracts are an example of this.) The extreme of bio-energetic herbal medicine is the Shamanistic view of “plant spirit medicine” impacting healing on a deep spirit level. Both potentials exist! Herbal medicine is moderately placed within this spectrum - able to get results and be effective as without doing harm to the ecosystems of the body or the planet.

Formulas are Herbs in Harmony

“It has become vital to educate the medical and scientific establishment and show that there are some features which are unique to phyto-therapy and which contribute both to efficacy and safety. One of these is the concept of synergy, in that a plant extract is more than the sum of its parts ... This is already accepted by patients and practitioners, but we now have an opportunity through further testing to prove that it is a true phenomenon which should be appreciated and utilized for therapeutic benefits.”

-Dr. Elizabeth M Williamson, Synergy: Interactions within Herbal Medicines

European, traditional Chinese medicine and Ayurvedic systems generally believe from practice and experience that synergy between herbs is happening and is a central part of their use. This synergy is the harmony created by the individual herb as part of an orchestra or a team. Formulations of herbs

are normal and may be either historical formulations, which have been developed by empirical observation, or are custom-designed for an individual patient. Science may not have the tools yet to confirm the super-subtle synergistic interactions and increased efficacy of ancient formulation practices.

A recent case in point occurred at the London Royal Free Hospital in England in the early 1990's. During trials to study a Chinese herbal formula for eczema, researchers were astonished when the addition of "one extra herb" was added to a formula containing 10 herbs. It resulted in a dramatic improvement in previously unresponsive patients. According to Dr. Williamson of the School of Pharmacy at the University of London, England, "The approach taken by herbalists to skin disorders such as eczema differs radically from conventional treatment, which usually involves topical application of corticosteroids with their inherent disadvantages, and may lead eventually to the use of cytotoxics in refractory cases. In contrast, the multi-targeted approach of the herbalist must surely be preferable, and the Chinese herbal remedy containing multiple ingredients used to treat eczema is a good example of this." She also goes on to say there are several reasons holding science back from the study of formulation synergy, "the main one being the difficulty of proving such effects, since to do so would necessitate the testing of each individual constituent and comparing the activity with an equivalent dose in the mixture. This is an immense undertaking and prohibitively expensive in terms of time and money." Also, the present methodology for investigating botanicals is flawed: "If a combination of substances is needed for the effect, then the bioassay-led method of investigation, narrowing activity down firstly to a fraction and eventually a compound, is doomed to failure, and this has led to the suggestion that the plants are in fact devoid of activity."

The "actions" of most herbs are still unknown as yet to science due to expense, and present methodologies yet, there are proven instances where a total herb formula works better than an equivalent dose of an isolated compound, for which we have no real rationale. In a study published in the *International Journal of Oncology*, PC-SPES, an herbal mixture used by prostate cancer patients as an alternative form of treatment, was investigated; previous published studies have shown this formula to be effective for prostate cancer. Since PC-SPES is derived from eight individual herbs, each with distinct as well as overlapping properties, this study investigated whether a particular herb in the formulation principally accounts for the biological properties of PC-SPES. They concluded: "Lack of concordance between changes in prostate cell growth and prostate specific gene expression makes it unlikely that the activity of a single herb can account for the

overall effects of PC-SPES.” This is a great example showing that the team (formula) was greater than its individual parts.

In one final example, a double-blind, crossover trial using 20 young, healthy volunteers, taking a formula containing ginseng, *Panax ginseng* and *ginkgo biloba*, were recently shown to be more effective in improving cognitive function than either one used alone. (Scholey and Kennedy, 2001)

The Wisdom of TCM Organizing Principles for Herbal Formulas

When did Chinese medicine start to develop and record these synergistic effects of herbal formulas? Approximately two thousand years ago, one of the early Chinese Emperors was entombed along with many artifacts, giving us a snapshot picture of the society and medicine of that time. When the tomb was opened, many scrolls were found. One of the best-preserved manuscripts, called *Wushier Bing Fang*, written on silk, described prescriptions for treating 52 illnesses. It is believed to have been compiled around 900 B.C., nearly three thousand years ago! It showed that a sophisticated system of formulation of herbs was already beginning. This 3,000 year old document contained 170 formulas, made of two or more ingredients. It shows us just how long ago herbal formulation was developed, and how the experience of treating all that suffering was beginning to be refined and recorded. Half of those formulas were for inflammatory conditions such as urinary tract infections and skin diseases; the other half were for traumas, injury, hernias, and animal bites, not the usual shamanic or magical conditions one would expect for that era. Over sixty percent of the 250 ingredients were plant medicines; the rest were of animal origin.

TCM Formulation Strategy: The whole is greater than the sum of its parts.

Within Traditional Chinese Medicine, (TCM), every herb has a “down” side and an “up” side. Good formulas knock the hard edges off the “star player”, with the philosophy that “the team is greater than its star player.” The combination of individual components in a formula produces a new therapeutic agent that treats more effectively and completely the cause as well as the symptoms of a health problem. These principles have been proven and refined over thousands of years of written clinical experience. There are organizing principles that govern the combining of thousands of active ingredients in plants to create a harmonious, effective team. The foundations for the organizing principles, which I use in my practice today, were laid down in the first or second century in the Chinese medical text,

The Yellow Emperor's Inner Classic. In the seventy-fourth chapter of the basic questions, (*Su Wen*), it is stated, "That [ingredient] which primarily treats the disease is the Chief, that which aids the Chief is the Deputy, that which is bound to the Deputy is the Envoy/Messenger." Through centuries of practice, these Confucian-like roles are expressed in an ancient political organization of the State, and have come to be defined as follows:

Chief / King / Emperor herb: Produces the main effects, in treating the cause or the main symptoms of a disease. It dominates the whole formula and is the chief ingredient and the primary therapeutic agent. One or two herbs will focus the purpose of the formula. For instance, Chinese Rhubarb, *Da Huang*, used in large dosage as a "chief" will exert a laxative effect through the predominance of *anthraquinones*, purgative compounds; yet when relegated to a lesser role or dosage, its tannins predominate and produce a stool-solidifying effect.

Deputy / Minister herb: A "deputy" or "minister" has the primary function of helping to strengthen the effect of the "chief" or "king" herb, and secondarily it treats symptoms that accompany the disease that the "king" herb is treating. Added to assist the primary effect of the chief or king. Usually one to five herbs are added to work with the leaders to emphasize, magnify or broaden their effects.

Assistant herb: The idea of an "assistant" has, since the *Su Wen* was written, been incorporated into standard TCM practice. It is added to treat symptoms, or to lessen the hard edges of the chief. For example, it may cool the overheating effect of the chief. The assistant herb performs this function by opposing the irritating property of the king herb without lowering its therapeutic effects. They may counteract side effects or modify the overall energy of the formula from warm to cool or visa versa.

Envoy/Messenger/Servant herb: This herb directs and guides the chief or smooths the way for its use. It may help transport active constituents into the body for the best possible absorption and circulation throughout the body. This function also traditionally included binders for pills. The "messenger" may also lead the other herbs in the prescription to the affected site in the body.

Traditional Chinese and Ayurvedic medicine have the oldest continuous written traditions of herbal medicine on the planet, placing great emphasis upon using combinations of herbs in formulas. "Gaia" herself is designed upon diversity and production of complex combinations to protect against

bacterial overgrowth. The hundreds of compounds in any one plant, when formulated with nine others should produce one thousand compounds ($10 \times 100 = 1,000$), yet in actual fact, one hundred new compounds are produced from interactions of compounds upon each other, therefore 1,100 total may be produced by a formula giving each formula a totally unique “signature” that is not possible from the sum of its parts -the whole is greater. The Chinese have believed for thousands of years that these combinations were more effective than any single herb used alone. The “energetics” of the plants were assessed to consider their therapeutic action and help in their “assignments” into formulas.

A Synergistic Approach-Combining the Best of East and West

Western and Eastern herbal traditions have different, yet complementary, approaches in treatment of disease. For example, let’s look at both approaches to a herbal treatment of an inner ear infection. While in the West, taking *Echinacea* may be recommended. While *Echinacea* does boost up the immune system and aid it in fighting off the bacteria or yeast infection of the inner ear, it does not address the more holistic perspective of shifting the environment of the “host” that supported the thriving of the guest bacteria or yeast.

Many underlying conditions such as food allergies, seasonal allergies or trapped water after swimming create a hot bed for infection and should be addressed. One of the main differences in the holistic TCM approach to a health problems is that TCM energetics would employ an “herbal shotgun” approach to boost the immune system while also working on ridding the body of the underlying cause of the illness. For example, from the TCM perspective a damp, “swampy” environment in the ear can become a hot bed for bacterial growth. Wax produced from an imbalanced constitution or from cleansing toxins increases the swamp-like condition and may allow recurrent infection. To break this chronic cycle, a TCM practitioner seeks to change the damp environment. The formula, *Long Tan Xie Gan Tang*, “*Gentiana Combination Formula*” accomplishes this by using drying and cooling herbs such as *Gardenia*, *Gentiana* and *Scutellaria* that target damp heat in the upper torso.

In addition, given our contemporary bio-chemical knowledge of other herbal traditions, we can also include *Echinacea* and *Fo-ti* to help to fight infection and support the immune system. The Eastern approach is to shift the “damp heat” swamp-like environment of a waxy, watery-exudate ear, that allows the “guest” to thrive while combating infection. A “drying-cooling” herbal formula, directed to the ear, could include *Echinacea* and contain berberine

ingredients to go after a staphylococcus, or staph infection, as it also works to shift the environment that created the problem. This is the holistic wisdom I bear in mind with every formulation.

Energetics of Herbs from the Traditional Chinese Perspective

According to Chinese legend, Shen Nung, the Chinese father of agriculture and leader of an ancient clan, took it upon himself to test, one by one, hundreds of different plants to discover their nutritional and medicinal properties. Many of these turned out to be poisonous to humans. Over millennia, Chinese have used themselves as guinea pigs in this same way to continue testing plants for their properties of inducing cold, heat, warmth, and coolness.

The Buddhist monasteries were involved in the use of herbs for the poor and needy, and the Taoist were focused on herbs for longevity, thus it has been said that a lot of these “guinea pigs” were monks and priests. Both Buddhist and Taoist spiritual paths placed great emphasis upon rigorous meditation and mind-body awareness techniques. Many of these priests and monks were finely tuned human beings, and were able to achieve altered states of awareness through their strenuous meditation and mind-body techniques. They were extremely involved with medicinal plants and examined their effects upon their own bodies and minds.

Imagine, if you would, over the course of thousands of years the lifestyles of these amazingly committed human beings. Supported by their communities, fasting and meditating for weeks on end, purifying their bodies and minds, focused upon the one goal to observe the action of a particular herb or a particular combination upon their own body. Detailed knowledge of the meridian systems and organ fields evolved through their practices, with the laser-like focus of an altered state, these amazing individuals helped to harness this knowledge using their own direct experience of their subtle energy flows. Ultimately, they helped to classify the medicinal effects of the plants on the various parts of the body, determine their toxicity, what dosages would be beneficial and which herbs would cause side effects.

TCM and other mature systems throughout the world have studied the herbal energetic signature effects on the body and mind. Within TCM, the energy of the plant has several aspects that give it its unique personality. In order to organize a good herbal formula, a Chinese herbalist has to know which characteristic elements and which organs are the beneficiary of

which herbs. Each herb is classified on the basis of a number of classifications, e.g., Yin-Yang and Five Elements, so the sum of all herbs in a formula will create the harmonious “effect” of the formula.

The “Four Energies” are classified as: Hot, Warm, Cool, Cold or Neutral.

The “Five Tastes” are: Pungent, Sour, Sweet, Salty, and Bitter. These tastes help to classify herbs further, including their effect on certain meridian/organ systems throughout the body.

The “Four Directions” help to classify the tendency of the herb with respect to area of effect in the body. Herbs are selected to target certain parts of the body, or to facilitate the movement of other active compounds in the formula such as the Envoy/Messenger/Servant herbs, e.g., sinking, or floating outward to the surface, or downward, or, rising upward.

A Classic Traditional Chinese Formula Example:

Chief/King/Emperor herb: For example, *Ginseng* has been known to energize the body. It also causes strong side effects when used alone. Ginsenosides in *Ginseng* make the arteries become constricted.

Deputy/Minister herb: *Astragalus* serves to broaden and tonify energy.

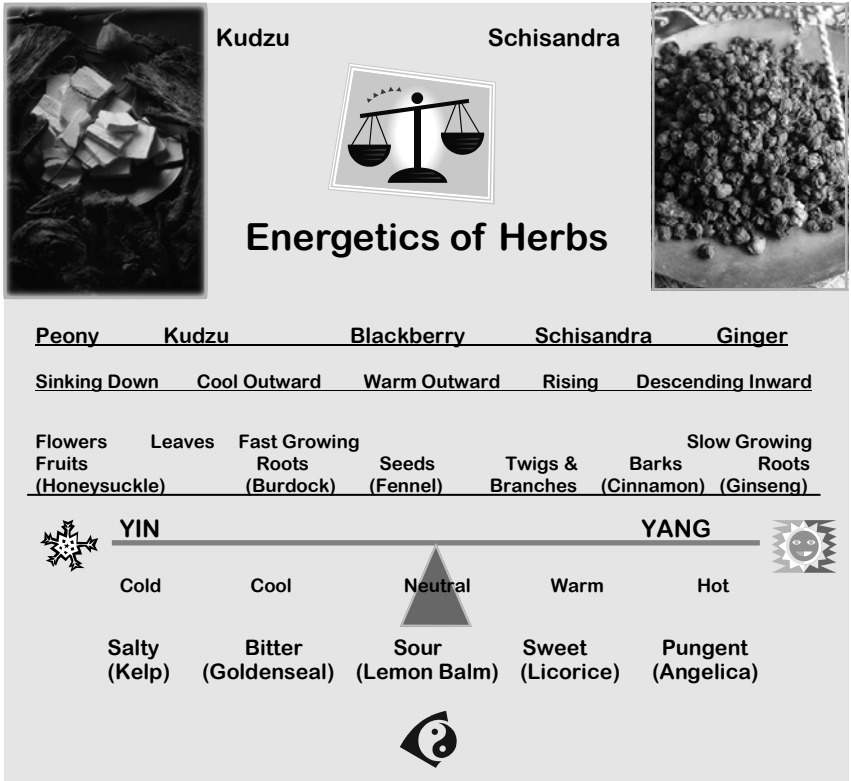
Assistant herb: Combining *Ginseng* with other herbs, such as *Kudzu*, balances the side-effects of arteries becoming constricted. The proper combination of herbs increases the potency in the desired direction while balancing the undesired effects allowing *Ginseng* to energize the body in a safe way.

Envoy/Messenger/Servant herb: Combining *Bitter orange* and *Ginseng* with other herbs relaxes muscles for the delivery of energy. It also helps with muscle aches and an abnormal digestive tract caused by poor Qi circulation. *Bitter orange* also has the effect of stimulating Qi (vital energy) circulation.

One of the uses for this formula is to increase vital energy. The energy level is for individuals who need to strengthen the body's Qi.



Diagram of TCM Formula Example:



The Foundation for World Herb Formulas

Important herbs from all over the world and from many healing systems can be utilized and guided by the formulation principles of the classical Chinese medicine to bring a new perspective to herbal medicine. This perspective, developing consciously or unconsciously among modern herbalists, I call the World Herbs school. I believe in bringing the most effective herbs from around the world together using the principles of Traditional Chinese Medicine and scientific verification. It is time to share and combine the treasures from all cultures. What ancient Chinese herbal master wouldn't have been ecstatic to use the North American herb, *Echinacea* or the Polynesian herb, *Kava Kava* in their formulas had they known of their existence? Likewise, how would Europeans have used *Ginseng*? By trying to understand the herbal traditions from different parts of the world, we can gain a broader perspective from which to employ a more targeted use of plants for healing.

Using the wisdom of TCM as a base, I build the formulas using the best herbs from many continents and cultures. Blending these “world” herbs into formulas using the sophistication and wisdom of TCM formula organizing principles and energetic classifications, we can use the herbs more effectively. Truly, the efficacy of Chinese herbal medicine is not in the herbs themselves, but is found in the guiding principles and energetic signatures. Chinese herbs are no more potent than the ones growing in your back yard; however, they have been better observed, both energetically and biochemically, and used in every formula configuration possible. Understanding these principles, I believe we can employ any of the healing herbs on our planet.



Herbs for Pets

Herbal medicine is a natural choice for our animal friends.

Herbs are safe and effective and provide results in ways that work with the harmony of the body. Herbs for Pets formulas have been developed by using superior herbs from all the traditions.

Our animal formulas use the same quality herbs that we use for our human formulas. In creating these formulas we hope to offer a system of herbal healthcare that works with nature to create harmony and restore wellness to our animal friends in ways that are safe and easy to use.

Herbs For Pets formulas are symptom-specific so that you can find the targeted formula quickly and easily to integrate into a busy veterinary practice.

Quality of Herbs

Using both the energy and the chemical perspective while considering herbal medicine, we must also consider the same factors in how the herbs are grown and cultivated. The therapeutic effect of the plants is only as good as the ability of the plant to retain the healing chemical compounds. In other words, it is only good as its abilities to hold its “energetic” qualities intact. I always consider these two perspectives in my selection of herbs for formulas. Two plants grown in different environments can vary widely in their energy. Depth of color, aroma, vibrancy can indicate the health of a plant, and thus you can see, smell, and feel the differences, chemically and energetically. The growing environment is the biggest factor, for example, has it been wild crafted, taken from its natural habitat? Has it been cultivated, or has it been organically grown? Is the soil healthy and filled with natural nutrients. Whenever possible, we use organically grown or wild crafted herbs.

Herbs During Pregnancy

Generally speaking regarding pregnancy in animals I am a minimalist. If at all possible I suggest not taking any herbal supplementation, unless absolutely needed in a medical emergency.

100% Vegetarian

While use of animal parts and endangered species is common in TCM, we have chosen not to use these substances in our formulas. Fortunately, there are alternatives that make it possible to have 100% vegetarian ingredients. In addition, we use vegetarian capsules.

100% Natural

It is not necessary to add preservatives, yeasts, artificial colorings, calcium phosphate, magnesium stearate, glidants or flowing agents, binding agents and other common excipients; these tricks of the trade contribute nothing to a formula. In fact, these “extras” only serve to dilute the active ingredients, impair absorption, and require increased dosages. While creating herbal remedies without additives requires more production time and cost, it is worth the effort. Quality herbs produce quality therapeutic results.

Powdered Herbs

Powdered herbs are the most common form for administering herbal supplements. However, powdering is not ideal for many sensitive herbs or flowers as it may damage active ingredients that can break down when exposed to moisture or oxygen. All powdered herbs are tested for a range of contaminants and are given a Certificate of Analysis. Even with today's technology, the exact active ingredients of any particular herb may not be identified. It may be that the exact combination of active ingredients is unknown, or that standardization is impossible. Attempts are made to standardize herbs, yet, in so doing, we may be throwing the baby out with the bath water, as only selected active ingredients are used as the standard markers. Many herbalists are resisting this pharmacological, reductionist approach and staying faithful to the traditional use of herbs. This traditional use employs the full spectrum of active ingredients, while at the same time, keeping the energetic activity of the whole herb intact. I believe in using full-spectrum powdered herbs or full-spectrum extracted powdered herbs.



Extracted Powdered Herbs

Modern technology lets us remove the plant cellulose barrier, making the active constituents more easily digestible and much more easily assimilated into the bloodstream. This extraction process keeps the plant ingredients in a full spectrum. The processed extract contains higher concentrations of active constituents and a lower concentration of inactive ingredients, such as starch. For example, 5 pounds of herb can be processed into 1 pound of concentrated extract powder. This is usually shown as 5:1 ratio. The extracts are prepared either as single herbs or combined in formulas, HPLC-tested for heavy metals, and cooked at very high temperatures that sterilize the herbs during processing. I like 5:1 extracted powders, especially for Chinese herbs, sensitive herbs, and flowers, because full-spectrum extracted herbs are completely cleansed by high-temperature processing, without loss of volatile oils, and they are shipped in such a way that they are protected from fumigation at the ports of entry.

Dosage Suggestions:

Use common sense when working with dosage levels. All our animal friends are different, some more robust, some extremely sensitive. After using a formula for some time, you may notice results and want to decrease or even halve the dosage. In other cases, you may want to increase slightly. I suggest a small spoon with each formula, that measures one gram. Use the suggested dosage based upon the following:

Ideally mixed in with food twice a day, except where noted.
(1 scoop = 1 gram; 1/2 scoop = approx. 500 mg.)

The general rule is 50 mg. per lb.
So, 500 mg. (1/2 scoop or 1 capsule) per 10 lbs.

Small cats & dogs up to 20 lbs.: 1/2-1 small scoop.

Medium dogs up to 40 lbs.: 1-2 small scoops.

Large dogs up to 60 lbs.: 2-3 small scoops.

Large dogs 60+ lbs.: Add 1/2 spoonful for every 10 lbs.



Tips for Feeding

Some formulas taste better than others. Here are a few tried and tested ways to administer the formulas.

Stevia is a very sweet tasting herb that offers no negative side effects and yet is great in masking bitter herbs. I add it into all my formulas.

Chicken Broth is good for animals with little or no appetite or with diarrhea. Just dissolve the herbal powder into the broth and move water out the way and sooner or later your animal friend will lap-up the broth, getting some nutrition, electrolytes and the herbs!

Parmesan Cheese will fool them. Dogs and cats often like strong smelling stuff like cheese, so how about mixing Parmesan cheese with the herbal powder and mixing it in with their food.

Turkey or Chicken slices with herbs wrapped inside often sneaks it past our animal friends.

Tuna Fish Water: Open a can of tuna and pour the tuna water into food mixed with herbs.

Fish Flakes like Bonita flakes, can be another strong smelling tasty ruse to pass it by your friends' taste buds.

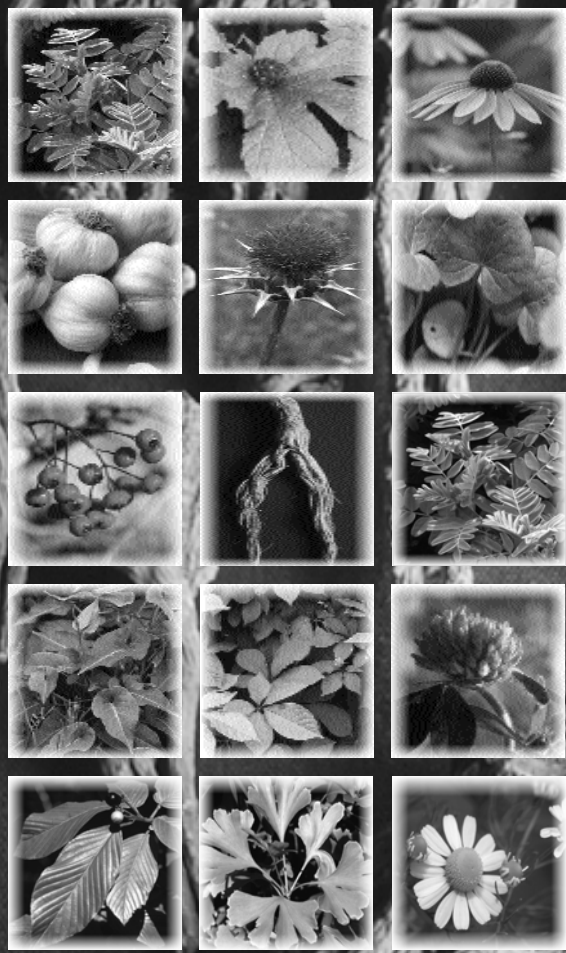
Peanut butter balls with the herbs hidden inside.

Bake into cookies.

Hide inside hot dogs.

I also suggest encapsulating any formula you feel would be better received than powder mixed into food. One capsule = 500 mg., or 1/2 scoop.





RESPIRATORY

Allerg-Ease

Provides stimulant-free allergy support for pets.

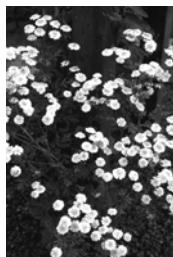
This formula calms the animal's response to allergens such as pollen, house dust mites, and fungal spores. It cools the inflammatory response in the nose, sinuses, throat, and eyes. It contains *Chrysanthemum*, an herb that, along with *Forsythia*, effectively clears heat and itching from the eyes. *Astragalus* and *Siler* boost the immune system to defend against allergen attack. *Turmeric*, long used in Ayurvedic and Chinese medicine, is an effective anti-inflammatory, potentiated by *Bromelain*, an enzyme from pineapple. This TCM base formula *Expel Wind and Nourish Lung*, based on time tested TCM principles to lessen the allergic response, clearing heat from the face and eyes, while gently drying mucus.

ANTECEDENT: Based on Xanthium Formula, *Cang Er San*, (1253 A.D.) and Rhinitis tablets, Bi Yuan Pian.

INGREDIENTS: Bai zhi angelica root, field mint herb, magnolia flower, cocklebur (xanthium) fruit, allium bulb, green tea leaf, feverfew herb, eyebright herb, turmeric tuber, astragalus root, forsythia fruit, chrysanthemum flower, bromelain (proteolytic enzyme from pineapple), siler root, stevia leaf.

COMBINATION:

Add **Protect** for chronic rhinitis with depleted immune system. Add **Dry-Ease** for excessive mucus.



SYMPTOMS

Itchy, red eyes

Watery, runny nose and eyes

Sneezing

Agitation

Inflamed eyes

DOSAGE

Daily for two weeks or until symptoms subside. Do not give for extended periods:

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



SYMPTOMS

Agitation, restlessness

Lack of responsiveness

Fatigue

Cerebral vascular insufficiency

Alert

Herbal nourishment for memory and mental function.

Behavioral problems such as agitation and age-related cognitive decline include difficulty in concentration and confusion, lack of mental energy, and, sometimes, depressive mood. Some of these symptoms may be associated with not enough blood reaching the brain. Anything that restricts blood or oxygen to the brain compromises its functioning. *Ginkgo* has been shown in human and animal studies to be a cerebrovascular tonic, increasing short-term memory and alertness. It is believed that these results are due to increased blood supply. Standardized *Ginkgo* used alone, I believe, may be too harsh for small animals. *Ginseng* has been shown to quiet the mind while, at the same time, increase energy for learning and general mental functioning. *Gotu kola*, an Ayurvedic mind-enhancing and relaxing tonic, is supported by a four-thousand-year-old reputation used in India. *Astragalus* and *Codonopsis* are added to nourish and build energy.

DOSAGE

Ideally mixed in with food twice a day. OK for extended use.

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.

ANTECEDENT: Based on the author's clinical experience and research to increase energy and cerebral blood circulation.

INGREDIENTS: Ginseng root, ginkgo leaf, fo-ti root, astragalus root, codonopsis root, gotu kola herb, stevia leaf.

CAUTION: Do not use if the animal is taking blood thinners.

COMBINATION:

Add **Cardio-Support** for cardio-vascular disease.

Add **Green Power** for nutritional support.

Add **Pet Calm** to calm fear and anxiety.



IMMUNOLOGIC

Astragalus/Ligustrum

Herbal nourishment for the immune system.

In China, *Ligustrum* is often combined with *Astragalus* to not only augment chemotherapy and radiation, but to boost the immune system for chronic illness. Studies in cell cultures and laboratory animals have demonstrated these herbs combine synergistically to increase immunity. Using herbal adaptogens after chemotherapy can help the bone marrow in the production of white blood cells and optimize immune function. *Astragalus*' polysaccharides, *Eleuthero*'s eleutherosides, and *Schisandra*'s ligans have demonstrated their immune and energy building qualities. Fu Zheng herbs of modern China (Fu means fortify, Zheng refers to constitution) has extensively explored herbs that rebuild the body's resistance and innate strength. They are proven adaptogens, biological response modifiers, or immune-enhancing agents. Many similar tonic formulas use "heating" herbs like *Ginseng* that tend to be too warming for animals with chronic immune system weakness. This formula is designed to build immunity while avoiding overheating and is very safe for long-term use.

ANTECEDENT:

Developed recently in China from Fu Zheng therapy research.

INGREDIENTS:

Astragalus root, ligustrum root, schisandra berry, eleuthero root (Siberian ginseng), codonopsis root, white atractylodes root, poria sclerotium, tangerine peel, licorice root, stevia leaf.

COMBINATION:

Add **Power Mushrooms & Pet Boost** to boost immunity.
Add **Hoxsey Formula & Reishiac** for deep cleansing.
Add **Broccoli Sprouts** for anti-cancer properties.

SYMPTOMS

Cancer Support

Radiation/Chemo support

Depleted / impaired immune systems

Feline Immune Virus (FIV)

Postpartum Weakness

Chronic weakness

Repeated illness

Post-op

Auto-immune and immune-deficiency diseases

Aggressive, allopathic treatment

DOSAGE

OK for extended use.

Small cats &

dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



UROLOGIC

SYMPTOMS

Difficult urination

Feline lower urinary tract disease

Frequent urination

Scant or blood tinged urine

Urethritis

Urinary tract infections

Epigastric pain and fullness

Bladder Clear

Supports and maintains healthy urinary tract function.

Bladder infection, or cystitis, is more commonly seen in cats than dogs. The lining of the bladder and/or urethra becomes inflamed making urination difficult and painful. Often, the inflammation is caused by toxins in the urine which irritate the wall of the bladder and pass along to the urethra. This formula helps cool and clear away the painful and irritating damp, burning heat. *Marshmallow root*, a Western herb, acts as a soothing and cooling (demulcent) agent. *Echinacea root* is the well-known, antimicrobial infection fighter. *Buchu*, a spicy, fragrant herb from South Africa, first imported into Britain in 1790, has a long history of indigenous use for bladder problems.

ANTECEDENT: Modified from Frigid Extremities Powder, *Si Ni San* (300 B.C.–300 A.D.), *Bupleurum & Chih Shih Formula*.

INGREDIENTS: Marshmallow root, bupleurum root, unripe bitter orange fruit, white peony root, licorice root, poria sclerotium (hoelen), gardenia fruit, corn silk, buchu leaf, echinacea purpurea root, stevia leaf.

CAUTION: Do not take for extended periods of time at high dosages. Recurring infections could indicate a more serious condition. If these symptoms persist, please get medical attention from your veterinarian. Also if your animal friend is in acute discomfort and stops urinating, see your vet immediately.

COMBINATION: Add **Pet Boost** to support the immune system when symptom-free; especially after extended dosages of antibiotics.



DOSAGE

Daily for two weeks or until symptoms subside. Do not give for extended periods:

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



CLEANSING

Breath Fresh

Herbal nourishment to counteract foul-breath.

This formula works holistically on the several possible underlying causes of bad breath. In TCM, the metaphors such as “heat toxins” flaring up from the stomach, set the stage for infections, such as gingivitis and gum disease. The herbs in this formula guide the “heat” away from the mouth, that can lead to bad breath. Getting the stomach to “descend” stops stagnation of food in the stomach, and cools the flaring of heat into the mouth. The proven anti-bacterial effects of *Echinacea* help minimize bacteria infection, which can also be a cause of halitosis. The moistening (yin) herbs *Ophiopogonum* and *Rehmannia* support moistening in the body. *Gypsum* is the fire extinguisher, helping to prevent dry mouth, (another cause of halitosis). This formula can be taken with food, or sprinkled into water.

ANTECEDENT: Based upon the classical TCM formula, Rehmannia & Gypsum, *Yu Nu Jian*, (1624 A.D.)

INGREDIENTS: Fennel seed, echinacea root, rehmannia root, gypsum, ophiopogonum tuber, cyathula, anemarrhena root, stevia leaf.

COMBINATION:

Add **Pet Boost** to boost immunity against infection.

Add **Pet Detox & Green Power** for underlying toxicity.

Add **Sinus-Ease** or **First Defense** for infections.

Regular teeth cleaning, brushing and mouthwashes are a good idea, and make sure water is always available.

SYMPTOMS

Foul breath

Bleeding gums

Periodontal disease

Excess hunger/thirst

Loose teeth

Xerostomia

Oral dryness post chemotherapy

Upper respiratory infections

Red tongue

Yellow coated tongue

DOSAGE

Add one scoop in the water each day.

OK for extended use.

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



SYMPTOMS

- Cancer
- Cancer prevention
- Chemotherapy
- H-pylori
- Stomach ulcers
- Fatigue
- Recurrent illnesses
- Compromised immune system

Broccoli Sprouts

Cancer and detoxification support.

The amazing compound found in broccoli, *sulforaphane glucosinolate* (SGS), increases the body's own defense system against carcinogens. According to studies by Dr. Paul Talalay and his colleagues at Johns Hopkins University School of Medicine, *sulforaphane* enhances the cancer-protective capacity of animal cells. *Sulforaphane* induces Phase Two (detoxification) enzymes, that deactivate carcinogens and free radicals. The Phase Two enzymes are an integral part of the body's amazing detoxification system, neutralizing carcinogens and making them inactive.

This detoxification system turns carcinogens and other toxic substances into harmless molecules that are excreted from the body. In animal studies, *sulforaphane* blocked tumor development, reducing incidence, multiplicity, and size of carcinogen-induced mammary tumors. Small quantities of broccoli sprout extracts have reduced the incidence and size of mammary tumors in animals. Talalay's research team fed extracts of the sprouts to groups of 20 female rats for five days, and exposed them and a control group that had not received the extracts to a carcinogen, dimethylbenzanthracene. The rats that received the extracts developed fewer tumors, and those that did get tumors had smaller growths that took longer to develop. The number of rats that developed tumors was reduced by as much as 60%, the number of tumors in each animal was reduced by 80%, and the size of the tumors that did develop was reduced by 75%. Furthermore, the tumors' appearance was delayed and they grew more slowly.

INGREDIENTS: Organic Broccoli Sprouts, 5,500 ppm of Sulforaphane. 2.75 mgs of Sulforaphane per 1/2 scoop.

COMBINATION:

- Add **Hoxsey** and **Reishiac** for cancer.
- Add **Astragalus/Ligustrum** or **Power Mushrooms** to boost immunity.
- Add **Liver HeProtect** for hepatitis or liver disease.

DOSAGE

OK for extended use.

Small cats & dogs:
1/2 small scoop mixed in with food.

Medium dogs:
1 small scoop mixed in with food.

Large dogs:
1-2 small scoops mixed in with food.



CARDIOVASCULAR

Cardio-Support

Supports the functioning of a healthy heart, maintains healthy circulation and blood pressure.

This formula is used to help prevent heart disease. *Coleus rhizome* is an Indian herb that became well known twenty years ago when its ingredient, *forskolin*, was found to act as a tonic for heart and brain circulation, congestive heart failure, and other cardiomyopathies. *Hawthorn* is considered “food for the heart” by European herbalists. Its main medical benefit is due to its bioflavonoid content which relaxes and dilates the arteries. Several German studies have confirmed improved heart rate and lowered blood pressure with its use. Herbs like *Ginkgo* and *Hawthorn* have been shown to increase the blood flow to the heart muscles, reducing angina and arrhythmia. These two contain strong antioxidants that help prevent and reduce damage to the blood vessels and so are used alongside the Chinese formula, *Gui Pi Tang*, which modern Chinese use to support and nourish the heart in congestive heart disease. *Ginseng*'s saponins have a healthy effect on cholesterol and platelets. *Polygala* prevents plaque formation and may lower blood fat levels.



ANTECEDENT: Based on Restore the Spleen, *Gui Pi Tang* (1253 A.D.), Ginseng and Longan combination.

INGREDIENTS: Asian ginseng root, polygala root, astragalus root, atractylodes root, poria sclerotium, zizyphus seed, longan fruit, saussurea root, licorice root, Chinese angelica root, coleus rhizome, hawthorn berry, garlic bulb, ginkgo leaf, stevia leaf.

COMBINATION:

Add **Pet Calm** for anxiety or sleep problems.

Add **Pet Detox** to cleanse blood.

Add **Green Tea Trim** for vascular protection.

SYMPTOMS

Coronary heart disease

Cardiomyopathy

Weak-hearted

Timid

Lack of courage

Mitral insufficiency

Thickened heart muscle

Fainting

Heart murmur

Cough (due to blood back-up from heart)

Blue gums

Difficulty on exercise

DOSAGE

OK for extended use.

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



DERMATOLOGIC

SYMPTOMS

Allergic Dermatitis
 Puritis
 Scratching leading to redness
 Swelling, cracking
 Weeping, clear exudite
 Crusting and scaling
 Suppurative, yellow lesions
 Seeks cool areas
 Hot skin
 Clumped coat
 Lichenification
 Snoring
 Worse in humid weather
 Anal gland inflammation

DOSAGE

Ideally mixed in with food twice a day. OK for extended use.

Small cats & dogs:
 1/2-1 small scoop mixed in with food.

Medium dogs:
 1-2 small scoops mixed in with food.

Large dogs:
 2-3 small scoops mixed in with food

DermaPhyte (Excess)

Herbal nourishment for atopic dermatitis.

There are few well-designed randomized placebo-controlled clinical trials demonstrating the efficacy of TCM in various diseases. Yet *Zemaphyte*, (trade name,) a decoction of 10 herbs, has been shown to be efficacious in the treatment of atopic dermatitis in both children and adults in two randomized double-blind placebo-controlled trials. There was controversy over two herbs in the original formula; I have replaced them with *Sophora*, (proven ingredients matrine and oxymatrine), *Burdock root* and *Oregon Grape root*. This **DermaPhyte** formula is used for “excess” skin conditions. *Sophora* and *Oregon Grape*, according to the metaphors of TCM, are proven to “dispel heat, dry dampness,” calming flaring dermatological conditions. It has been proposed that the main active component of the treatment is an ingredient in *Peony*, “paeonol.” The positive results have so far eluded any single ingredient. *Sophora* has been found effective for treating urticaria, acute eczema, pudendal eczema, and dermatitis.

ANTECEDENT: Inspired by Dr. Luo Dinghui’s work with eczema in London, which was made into a standardized herbal drug, *Zemaphyte*, by the U.K. company, Phytopharm.

INGREDIENTS: Licorice root, siler root, lophatherum, red peony, rehmannia root, schizonepeta root, tribulus root, burdock root, Oregon grape root, sophora root, stevia leaf.

COMBINATION:
 Add **Pet DeTox**, **Hoxsey** or **Green Power** for toxicity.
 Add **Dermatopic** or **Herbisonc** for strong allergies.
 Add **Flea Flee** for reaction to fleas.



DERMATOLOGIC

DermaTopic (Deficient)

Herbal nourishment for atopic dermatitis.

According to TCM, atopic dermatitis generally is a manifestation of “excess” (see DermaPhyte,) or *deficient blood*; these disorders usually respond quite well with TCM herbs. Within TCM, “blood deficiency” symptom patterns include: pale or lavender colored tongue, chronic eczema with thick, dry, dark flaky skin with itching, crusting, lichenoid thickening of the skin and possible, fatigue, low back ache and weak limbs. This formula is a combination of a classic *blood nourishing* formula (*Si Wu Tang*) and a wind pathogen dispelling formula (*Xiao Feng San*). These protocols have recently been made popular through the work of Steve Marsden, DVM.

There are three variations to this formula that specifically targets three major symptoms:

Si Wu Xiao Feng Yin modification #1 for purulent lesions includes: dandelion, forsythia and honeysuckle.

Si Wu Xiao Feng Yin modification #2 for hot spots includes: *phellodendron*, *kochia*, *plantago*.

Si Wu Xiao Feng Yin #3 for severe itch, includes: *lithospermum*, *peony* and *moutan*.

ANTECEDENT: *Si Wu Xiao Feng Yin*, Four Materials Dissipate Wind Beverage.

INGREDIENTS: Rehmannia root, red peony root, cnidium root, dong guai root, schizonepeta herb, siler root, mint herb, angelica pubescent root, bupleurum root, jujube seed.

COMBINATION:

Add ***Si Wu Xiao Feng Yin modification #1*** for purulent lesions

Add ***Si Wu Xiao Feng Yin modification #2*** for hot spots.

Add ***Si Wu Xiao Feng Yin modification #3*** severe itch.

Add **Herbisone** for strong allergies.

Add **Hot Spot External** for topical cooling poultice.

SYMPTOMS

Itching

Allergic Dermatitis

Puritis

Scratching leads to redness

Swelling

Cracking and peeling

Crusting and scaling

Fatigue

Weak limbs

Lichenification

Pale Tongue

DOSAGE

Ideally mixed in with food twice a day. OK for extended use.

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



DIGESTIVE

SYMPTOMS

Diarrhea
 Nausea
 Food poisoning
 Fatigue
 Chronic gastritis
 Irritable bowel syndrome
 Poor appetite
 Indigestion
 Loose stool
 Stomach distension
 Constipation

DOSAGE

Daily for two weeks or until symptoms subside. Do not give for extended periods:

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.

Dia-Relief

Promotes healthy well-formed stools.

This formula helps soothe the intestines back to normal. Often diarrhea is merely a symptom of disharmony in the intestinal function of re-absorbing water from the wastes passing through it. It may be nature's way of flushing some toxins from the system, often from bacteria or parasites absorbed from licking some unsavory source on themselves or other animals. For mild diarrhea consider mixing the herbs with mixture of white potato and sweet potato. If your animal friend is off their diet, try mixing the formula with apple juice. *Marshmallow root* cools, soothes and helps to rehydrate the mucosa while stimulating the immune system. *Plantain* helps to pull out toxins, cools inflammations and helps to reduce pain. It is considered by TCM to clear heat and dampness, helping the intestines to process water. *Goldenseal root* acts as an herbal antibiotic and *Barberry* strengthens the intestinal lining stimulating bile flow from the liver. *Fennel* helps with pain and gas, drying dampness and promoting normal digestive function.

ANTECEDENT: Based on the author's experience.

INGREDIENTS: Plantain leaf, marshmallow root, fennel seed, bilberry leaf, goldenseal root, barberry root, stevia leaf.

CAUTION: This formula is for short-term use. Discontinue after diarrhea stops. If symptoms persist please take your animal friend to see a vet.

COMBINATION:

Add **Digestive Tonic** for long-term strengthening of the digestion.

Add **Wormwood Parakill** for intestinal worms or parasites.

Add **Pet Detox** or **Green Power** for cleansing any build up in toxicity.



DIGESTIVE

Digestive Tonic

Herbs to strengthen and harmonize digestive function.

Tonification of the digestive organs helps your animal friend absorb vital nutrients from food and increases the energy transformed from nutrients. Western herbs such as *Alfalfa* are renowned for gentle tonification of indigestion, regulating hyperacidity of the stomach, and as a special bonus it contains eight digestive enzymes to boost digestive energy and metabolism. This formula contains two strong energy tonics. *Ginseng* is a powerful TCM digestive tonic, that boosts vital energy by increasing the energy extracted from food. *Astragalus* also improves transformation of food into nutrients, and recent studies show it boosts the immune system as a whole. TCM uses this herb as the major energy tonic. This formula is indicated in various weakened immune system diseases like cancer, or viruses (Feline Leukemia and Feline Infectious Virus). These can wreak havoc on animal's immune system. This formula is suggested to jump start out of weakened states and also to strengthen the immune system on an ongoing basis. It stimulates appetite and is an energy tonic.

ANTECEDENT: Based on Ginseng and Astragalus Great Tonifying Pill, *Shen Qi Da Bu Wan*.

INGREDIENTS: Asian ginseng root, astragalus root, alfalfa leaf, stevia leaf.

COMBINATION:

Add **Easy Move** for constipation.
 Add **Dia-Relief** for diarrhea.
 Add **Travel-Ease** for nausea.
 Add **Wormwood Parakill** for intestinal worms or parasites.
 Add **Vir-Assist** weakness due to viral attack.



SYMPTOMS

Fatigue
 Excess Gas
 Diarrhea
 Poor Digestion
 Low immune response
 Lack of appetite
 Stagnant food in stomach
 FeLV in cats
 FIV in cats
 Cancer

DOSAGE

Daily for two weeks or until symptoms subside. Do not give for extended periods:

Small cats & dogs:
 1/2-1 small scoop mixed in with food.

Medium dogs:
 1-2 small scoops mixed in with food.

Large dogs:
 2-3 small scoops mixed in with food.



RESPIRATORY

SYMPTOMS

Canine bronchitis
 Feline Asthma
 Tracheobronchitis
 Watery, runny nose and eyes
 Loud wet cough
 Excessive phlegm/ catarrh
 Persistent cough (esp. a.m.)
 Nausea, vomiting
 Fatigue
 Phlegm in lungs
 Allergies, Hay fever
 Coated or wet pale tongue

Dry Ease (*Wet Cough*)

Drying combination for respiratory health.

This formula dissolves phlegm, mucus, and catarrh. It is used primarily for cough with excessive phlegm, and secondarily to treat long-lasting phlegm. In TCM phlegmatic constitutions create digestive disharmony which may lead to nodules. *Eye-bright* and *Barberry bark* are valuable astringents for nasal and sinus catarrh and mucus and have an effective anti-inflammatory action for the eyes. *Poria* absorbs dampness that creates a constitution predisposed to producing a lot of mucus or phlegm. The base of this formula, *Er Chen Tang*, which has not been refined since the 10th century, has been found to dry “damp” constitutions and resolve phlegm. It is very useful in the treatment of upper respiratory infections and bronchitis.

ANTECEDENT: Based on Two-Cured Decoction, *Er Chen Tang*, Citrus & Pinellia Combination, (1075-1078 A.D.)

INGREDIENTS: Citrus peel, pinellia stem, poria sclerotium (hoelen), licorice root, ginger root, barberry bark, eyebright herb, stevia leaf.

COMBINATION:
 Add **Xue Fu Zhu Yu Tang** (Special formula) for hacking cough.
 Add **Sinus-Ease** or **First Defense** for upper respiratory infections.
 Add **Protect** for repeated respiratory infections, due to depleted immune system.

DOSAGE

Mix in food twice a day. OK for extended use:

Small cats & dogs:
 1/2-1 small scoop mixed in with food.

Medium dogs:
 1-2 small scoops mixed in with food.

Large dogs:
 2-3 small scoops mixed in with food.



Ear Clear

Clears heat and dampness from the ear; supports the immune system.

An ear infection for a dog or cat often means a painful and hard to treat condition. Whether inflammation, infection or just a chronic build up of wax, herbs can help. Some breeds are just predisposed to infection, either by food allergies, seasonal allergies or floppy ears that restrict air circulation or because they trap water after swimming. Either way it creates a damp swampy environment that can become a hot bed for bacterial growth. Wax produced from an imbalanced constitution or from cleansing toxins increases the swampy environment further. How to break this chronic cycle? Well the answer from TCM is to take away the environment that supports the dampness. That is exactly what this formula does, it drains damp heat. Drying and cooling herbs such as *Gardenia*, *Gentiana* and *Scutellaria* (that targets damp heat in the upper torso) also fight infection.

ANTECEDENT: Gentiana Combination, *Long Tan Xie Gan*. Originally from the Analytic Collection of Medical Formulas, (1682 A.D.)

INGREDIENTS: Gentiana root, baical scutellaria root, gardenia fruit, bupleurum root, alisma rhizome, plantago leaf, clematis, rehmania root, licorice root, fo-ti root, dong quai root, echinacea purpurea root, eyebright herb, stevia leaf.

COMBINATION:

Add **Digestive Tonic** for food allergies.

Add **Pet Detox** for detoxification.

Add **Green Power** for underlying toxicity.

Add a dropperful of drying **apple cider**, (1 teaspoon to 1/2 cup of distilled water) into the ear canal, let your friend shake it out. Wash outer ear with room temperature green tea.

SYMPTOMS

Ear infection

Ear inflammation

Excessive ear-wax

Itchy, hot ears

Repeated shaking of the head

Smelly ears

Smelly stool

Offensive discharge

Benign growths in the ear

DOSAGE

Daily for two weeks or until symptoms subside. Do not give for extended periods:

Small cats & dogs:

1/2-1 small spoonful mixed in with food.

Medium dogs:

1-2 small spoonfuls mixed in with food.

Large dogs:

2-3 small spoonfuls mixed in with food.



SYMPTOMS

DIGESTIVE

Easy Move

Supports and maintains normal bowel function.

A gentle laxative, this formula contains oils from seeds to help moisten the intestines. *Linum* has the highest oil content at 31%, while apricot seeds moisten and unblock the intestines. *Rhubarb*, in small doses, will tone the intestinal wall and expel gas. *Magnolia bark* helps to remove the heat that can be drying to stool, making it hard to move. The seeds provide oil to move and soften the stool without the harshness of other herbal laxatives that may cause the discomfort of intestinal cramping. This can be used to soften stool past hemorrhoids or anal infections. Often our animal friends shut down and get constipated when traveling long periods without exercise; anxiety or infrequent stops exacerbate the problem. This formula is gentle and it is easy to gauge the correct the dosage without harsh or sudden surprises.

ANTECEDENT: Based on Moistening Intestine Pill, *Mai Zi Ren Wan*, (1773 A.D.), Apricot & Linum Combination.

INGREDIENTS: White peony root, processed linum seed, unripe bitter orange fruit, rhubarb root and rhizome, magnolia bark, apricot seed, fo-ti root, dong guai root, cascara sagrada, stevia leaf.

CAUTION: Do not use in pregnancy, nor when the animal is in a weakened state. Do not rely solely on any laxative without making dietary changes to add more bulk in their diet, and daily exercise. Suggest the animal be able to evacuate when they need to, so as not to postpone the urge and hold its stool, i.e. a house bound dog or a cat with a dirty litter.

COMBINATION:
Add **Intesti-Care** for irritable bowels and colitis.
Add **Pet Detox** for detoxification after long bouts of constipation.
Add **Digest-Ease** to strengthen digestion.

Constipation

Difficult, dry stool

Anal infections

DOSAGE

Daily for two weeks or until symptoms subside. Do not give for extended periods:

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small spoon fuls mixed in with food.



OPHTHALMOLOGIC

Eyebright Vision

Nourishes the eyes and delays degenerative conditions.

During World War II, British Spitfire pilots were required to improve their night vision and did so by wearing sunglasses during the day and by eating *Bilberries*, a fruit long used for its power to improve sight. Postwar studies confirmed the use of *Bilberries* to improve glare recovery time and night sight. In Traditional Chinese Medicine, the potent *Lycii*, *Schisandra*, and *Cornus berries* are used for the same purpose. These berries have a large amount of easily assimilated carotene that transforms into a chemical that nourishes the rods projecting into the pigment layer of the retina. *Chrysanthemum* has long been used to clear heat and irritation from the eyes. Vision is dependent on the quality and circulation of blood to the eyes, thus *Ginkgo* is used. Research shows that *Ginkgo* improves microvascular circulation of blood. *Lycium*, *Chrysanthemum* & *Rehmannia* formula is used to improve the quality of the blood and “Liver yin and blood.” Other pattern symptoms suggestive of this formula include dry coat, clumping fur, fear, and aggression.

ANTECEDENT: Based on *Lycium*, *Chrysanthemum* & *Rehmannia*, *Qi Ju Di Huang Wan*, (1777 A.D.)

INGREDIENTS: *Rehmannia* root, *dioscorea* rhizome, *alisma* rhizome, *cornus* fruit, *moutan* root, *bupleurum* root, *poria* sclerotium (hoelen), *dong quai* root, *lycii* fruit, *chrysanthemum* flower, *eyebright* herb, *bilberry* leaf and fruit, *nettles* herb, *schisandra* fruit, *ginkgo* leaf, *stevia* leaf.

COMBINATION:

Add **Astragalus/Ligustrum** to boost immunity against infection.

Add **Pet Detox** and **Green Power** for underlying toxicity.

SYMPTOMS

Allergies

Eye Infection

Keratoconjunctivitis sicca KCS

Glaucoma

Conjunctivitis

Chronic eye conditions (not acute!)

Dry, red eyes

Cataracts

Diminished visual acuity

Macular degeneration

Eye inflammation

Night blindness

Retinitis/pigmentosa

DOSAGE

Mix in food twice a day. OK for extended use:

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



SYMPTOMS

Upper respiratory infection

Nasal discharge

Slight fever

Watery eyes

Swollen lymph glands

Early Kennel cough
(bordetella bronchiseptica)

Early Feline viral rhinotracheitis

DOSAGE

Continue a few days after symptoms abate:

Small cats and dogs
1/2-1 level scoop mixed in with food.**Medium dogs**
1-2 level scoops mixed in with food.**Large dogs**
2-3 level scoops mixed in with food.

First Defense

Supports the immune system at the first sign of attack in cold season.

This formula is especially effective during the early stages of an upper respiratory infection, when you know your animal friend has been exposed to cold bacteria or flu virus but hasn't shown any symptoms. Colds and flu are common ailments affecting ourselves and our animal friends. Many are exposed to bacteria and viruses, yet not all who are exposed will catch a cold. A body with a strong immune system will fight off most common viral and bacterial infections using its own defenses. Herbal medicines can help keep the immune system strong; this formula helps the body's defenses fight off invading pathogens. The Eastern formula, *Yin Qiao*, is very popular in China. The Western herb, *Echinacea*, long used by the Native Americans has demonstrated in studies to decrease the duration of illness. *Goldenseal* is also a wonderful antibiotic type herb that clears heat and dries phlegm; along with *Elderberry* these herbs are well known for their ability to raise immunity and have natural antiviral and antibacterial properties.

ANTECEDENT: Based on Honeysuckle & Forsythia powder, *Yin Qiao San* (1798 A.D.) Lonicera & Forsythia Combination.

INGREDIENTS: Honeysuckle flower, forsythia fruit, balloon flower root, burdock root, field mint, lophatherum stem and leaf, schizonepeta stem or bud, licorice root, perilla seed, chrysanthemum flower, echinacea purpurea root, barberry bark, elderberry fruit and leaf, goldenseal root, stevia leaf.

COMBINATION:
Add **Lung Soothe** to moisten a dry croup-like cough.
Add **Dry-Ease** for a wet cough.
Add **Protect** for repeated upper respiratory infections.



DIGESTIVE

Flatu-less

Herbal nutrition to improve digestion and reduce intestinal gas.

Fennel's modern therapeutic uses in the U.K., Germany and the United States stem from traditional Greek medicine as practiced by Hippocrates. *Fennel* was also integrated into many other systems of traditional medicine, including Ayurvedic, Chinese, and Japanese Kampo. Nearly all systems, recommend *Fennel* for the treatment of flatulent dyspepsia, anorexia, distending pain in the epigastrium and flatulent colic in children). The German Commission E, approved the internal use of *Fennel seed* for dyspepsias such as mild, spastic gastrointestinal affections, fullness, and flatulence. The major constituents in *Fennel*, include *terpenoid anethole*, which inhibit spasms in smooth muscles, such as those in the intestinal tract, relieve gas and gastrointestinal tract cramps. In TCM, gas is often associated with “Damp Heat” and a classic TCM formula to remove this obstruction to the digestive process is the *Four Marvel Pill*. The partnership of (Two Marvels). *Phellodendron's* cool drying and *Achyranthes's* drying dampness in the intestines is the classic foundation of this formula. Diet, of course, should be reviewed, decreasing fermented food, avoiding food intolerances and changes.

ANTECEDENT: Based on Four-Marvel Powder, *Si Miao San*, (1904 A.D.)

INGREDIENTS: Fennel seed, atractylodes root, phellodendron bark, coix seed, achyranthes root.

COMBINATION:

Add **Digestive Tonic** to improve digestive functioning. Add **Pet Detox & Green Power** for underlying toxicity.

SYMPTOMS

Flatulence
 Intestinal Gas
 Food Stagnation
 Indigestion
 Bloating
 Colic
 Flatulent dyspepsia
 Distended epigastric pain
 Foul Smelling gas
 Food intolerances
 Food allergies

DOSAGE

Mix in food twice a day. OK for extended use:

Small cats & dogs:
 1/2-1 small scoop mixed in with food.

Medium dogs:
 1-2 small scoops mixed in with food.

Large dogs:
 2-3 small scoops mixed in with food.



SYMPTOMS

Itching
 Flea allergies
 Flea bite dermatitis
 Occasional fever
 Periodic fatigue
 Tapeworms
 Small black flakes/specs

DOSAGE

Sprinkle onto your animal friends while back-combing out their coats daily.

Sprinkle around their bedding or favorite hangout areas as part of your regular household cleaning.

DERMATOLOGIC

Flea Flee (External)

An external herbal flea and insect repellent.

The flea packs quite a punch! One flea athlete set the long jump record at 4 feet!!!! They can ingest blood up to 15 times their body weight and start laying eggs 2-12 days after feeding, up to 50 a day! At this point, chances are the carpeting, bedding and cushions are infested as well. So what to do? We do not have to use toxic, powerful chemicals that may be harmful to our pets, ourselves and our families. Sprinkle herbal powder all over your animal friends and then all over your house or apartment. The good news is many herbs emit powerful aromatic and volatile oils, which, while pleasant to us, are overwhelmingly repulsive to many insects, (luckily their sense of smell is far more powerful than ours) and they jump ship and move out. Fresh dried powdered herbs also act as insecticides and repellents (against fleas, lice, ticks, chiggers and mosquitoes,) while being non-toxic and effective. Sprinkle them onto your animal friends while back-combing out their coats, then sprinkle around their bedding or favorite hangout areas as part of your regular household cleaning chores, to dissuade further unwanted guests. If the infestation is particularly stubborn, take the fight internally as well. Supplement your dog or cat's diet with garlic powder sprinkled into their food each meal.

ANTECEDENT: Based on the author's clinical experience and research.

INGREDIENTS: Rosemary herb, eucalyptus leaf, wormwood herb, neem leaf.

As a liquid conditioner dissolve one tablespoon into 1 pint of water boil for 10 minutes, strain and allow to cool to body temperature and pour it over your animal friend, rub in and towel dry.

COMBINATION:

Add **Wormwood Parakill** internally if you suspect any parasites.



ENDOCRINOLOGIC

Gluco-Stable

Herbal nutrition to stabilize blood glucose levels.

Gymnema is known in Ayurvedic medicine as the “sugar killer” for its ability to numb the taste of sugar. Results from studies in animals suggest that *Gymnema* may work in several ways to help control both Type 1 and Type 2 diabetes. The acids contained in *Gymnema* seems to decrease the amounts of sugar that are absorbed from foods. As a result, blood sugar levels may not increase as much after meals. Also, *Gymnema* may promote the production of insulin by the body. It may make body cells more responsive to the insulin that is available, and may even prompt the pancreas to develop more beta cells – the source of insulin. *Gymnema* has demonstrated to bring down blood glucose and raises serum insulin levels, recorded during an oral glucose tolerance test in diabetic animals and healthy human volunteers. *Corn Silk* is used in TCM to lower blood sugar levels, acting as a cholagogue and diuretic. *Bilberries* have traditionally been used to control blood sugar levels in people with diabetes. This formula may also lower the risk of some diabetic complications, such as diabetic cataracts and retinopathy.

ANTECEDENT: Based on a formula suggested by Steve Marsden, DVM.

INGREDIENTS:

Gymnema herb, bilberry leaf and fruit, corn silk.

CAUTION: This formula may enhance an animal’s response to insulin. Reductions in insulin dosages may need to be regularly evaluated by periodic blood glucose testing. Good for long term use.

COMBINATION:

Add **Green Tea Trim** when combined with weight loss.

Add **Cardio-Support** for high cholesterol and atherosclerosis.

SYMPTOMS

Diabetes mellitus
type 1 & 2

High blood
glucose

Chronic diabetic
conditions

Diabetic
Retinopathy

DOSAGE

Mix in food
twice a day. OK
for extended
use:

**Small cats &
dogs:**

1/2-1 small
scoop mixed in
with food.

Medium dogs:

1-2 small
scoops mixed in
with food.

Large dogs:

2-3 small
scoops mixed
in with food



NUTRITION

SYMPTOMS

Green Power

Concentrated greens from land and sea, 100% organic.

Greens provide the nourishment that most modern companion animals lack in their commercially-processed diets. Dogs eating grass or cats eating houseplants may well be desperate attempts to seek out green nutrition. Chlorophyll (the green in greens) is the molecule that absorbs sunlight and uses its energy to synthesize carbohydrates from CO₂ and water (photosynthesis).

Green foods are so important to your animal's diet because of the beneficial enzymes and life force. Chlorophyll is an internal antiseptic, a cell stimulator, red blood builder, and rejuvenator. It relieves respiratory conditions; is nourishes the blood and is beneficial for heart conditions. Plant "blood" helps build animal's blood naturally. Catabolic and anabolic at the same time, chlorophyll is a powerful detoxifier and tonic. It cleanses the blood and builds red blood cells while doing it.

Chlorophyll may play an important role in prevention of certain cancers. Researchers in the early 1980's discovered that chlorophylls and related chemicals can inhibit the ability of certain DNA-damaging chemicals to cause mutations in bacteria. Another experiment by the U.S. Army showed that animals fed chlorophyll-rich greens survived twice as long as other animals when all were exposed to fatal levels of radiation. Greens are safe and recommended for long-term use.

INGREDIENTS:

100% organic, 20:1 concentrated juice powders: kamut, barley, oat, spirulina, spinach, carrot, powdered broccoli, parsley dandelion greens, sea kelp, sea dulse, oxyphyte™.

COMBINATION:

Greens are recommended for long-term nutrition and support all other formulas!

Cancer support/ prevention

Cardiovascular Disease

Fatigue / Weakness

Poor digestive absorption

Anemia

Depletion due to cancer/chemo, chronic viral or fungal diseases

Chronic Arthritis

Bone diseases, hip dysplasia.

Bad Breath

Atopic Dermatitis

Chronic Respiratory Conditions

DOSAGE

Mix in food twice a day. OK for extended use:

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



NUTRITION

Green Tea Trim

Broad spectrum nutrition, and weight loss support.

Green Tea has such broad health benefits: antioxidant, anti-aging, anti-mutagenic, cancer prevention, cancer treatment adjunct, heart disease prevention, stroke prevention, metabolic effects and weight loss, glucose (blood sugar), homeostasis, neuro-protective, protective of membrane fluidity, anti-bacterial, skin-protective.

If the above were not enough then thermogenesis for weight loss is another! Green tea is an antioxidant that has a strong anti-cancer effects in skin, stomach, colon, etc. *Green tea* protects against free radicals. Clinical studies conducted by Dr. Abdul Dulloo, of the University of Geneva in Switzerland was brought to the conclusion of his research that green tea weight loss programs raises metabolic rates and speeds up fat oxidation, without raising heart rates. *Ginseng* has been found to protect the body & nervous system from stress, stimulate & increase metabolic function. *Kelp* in small amounts is a major herbal nutrient to support healthy thyroid function. *Kelp*, a sea vegetable, contains elemental iodine in balance with other minerals and phyto-nutrients. This marine herb has long been associated with healthy thyroid balance. *Hawthorn* helps to cut through fat, and from a traditional Chinese view, it removes food stagnation.

ANTECEDENT: The author's clinical experience and research.

CAUTION: This formula may enhance an animal's response to insulin. Good for long term use.

INGREDIENTS: Green tea extract (90% polyphenols), gymnema herb, hawthorn berry, Asian ginseng root, licorice root, kelp thalus, stevia leaf.

COMBINATION:

Add **Green Power** for improved nutrition.

SYMPTOMS

Overweight

Obesity

Early aging

Cognitive dysfunction

Cancer Prevention

Cancer Treatment

Heart Disease, Stroke

Neuro-Protective

Repeated bacterial infection

DOSAGE

Mix in food twice a day.

Small cats &

dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



DERMATOLOGIC

SYMPTOMS

- Allergies
- Skin infection
- Fleas/Parasites
- Nutritional deficiency
- Lackluster coat
- Excessive shedding
- Bare patches

Healthy Coat

Promotes and supports a vital healthy coat.

Dogs or cats should have coats that feel smooth from head to tail when you run your hands through, full of life and vitality. A lackluster coat or trouble with the coat or skin can be a barometer of your animal friends overall health. A good herbal formula treats this condition from the inside out by nourishing the blood and increasing circulation.

From China, *Dong Quai* is used to nourish blood, and in turn, provide nutrients and microcirculation for hair while regulating hormone function. *Nettles* are nourishing, cleansing, and detoxifying. In all traditions of herbal medicine, the quality and circulation of blood are deemed essential to healthy hair. *Silicon*, from silica, is found in its most bioactive form in the herb, *Horsetail*. It has been observed that silicon levels decrease with age in arterial vessels and skin, as does the body's ability to regenerate bones, tissue, skin and hair. The main Chinese herb to help nourish and promote hair growth is *Fo-Ti (He Shou Wu)*. *Kelp* protects and nourishes the thyroid, which is associated with skin and hair nourishment.

DOSAGE

You may need to take this formula for extended periods.

Small cats and dogs
1/2-1 level scoop mixed in with food.

Medium dogs
1-2 level scoop mixed in with food.

Large dogs
2-3 level scoop mixed in with food.

ANTECEDENT: Based on the author's experience and research.

INGREDIENTS: Fo-ti root, horsetail herb, nettles herb, dong quai root, kelp thalus, stevia leaf.

COMBINATION:

Add **Wormwood Parakill** to clear away parasites.

Add **Flea Flee** powder for cleaning and if you suspect fleas.

Add **Easy Move** for constipation.

Add **Hot Spot** for any localized irritation of the skin.

Add **DermaPhyte** or **DermaTopic** for atopic skin disorders and hair loss.



MUSCULOSKELETAL, DERMATOLOGIC, ENDOCRINOLOGIC

Herbisono

Support for the adrenal glands.

There has been increased research in Japan on the TCM formula, *Xiao Chai Hu Tang*. It has many possible applications; one has been shown to increase the effects of prednisolone. It demonstrates a mild anti-inflammatory action, and significantly increases the anti-inflammatory effect of prednisolone (pediaped, prelone). *Bupleurum*, the main ingredient of *Xiao Chai Hu Tang*, stimulates the pituitary gland into directing the adrenal glands to produce glucocorticoids, which reduce inflammation. *Bupleurum* also increases the effectiveness of glucocorticoid drugs such as prednisone. This has matched my own anecdotal experience in my (human) practice. I use *Xiao Chai Hu Tang* to help minimize the side effects and withdrawal symptoms from prednisone.

This formula can also strengthen the immune system, reduce viral loads, and keep chronic viral hepatitis from progressing into serious liver damage, cirrhosis and or even liver cancer. The anti-tumor activity of this formula is well documented, especially for liver cancer, but also lung cancer and renal cell carcinomas. *Eleuthero* is a major adaptogen, with saponins such as the eleutherosides, that directly impact and help stabilize the medulla. Herbal medicines can impact the adrenal cortex in a variety of ways. Most important is the direct effect of plants rich in a specific variety of saponins such as *Licorice root*.

INGREDIENTS: Bupleurum root, pinellia stem, scute root, Asian ginseng root, licorice root, ginger root, zizyphus fruit, ashwaganda root, eleuthero root (Siberian ginseng), stevia leaf.

ANTECEDENT: Based on Minor Bupleurum, *Xiao Chai Hu Tang* (300 B.C. - 300 A.D.), Minor Bupleurum Combination.

CAUTION: Contraindicated with Interferon treatments, drug-induced pneumonitis have been associated with the use of *Xiao Chai Hu Tang* alone or with interferon.

SYMPTOMS

Coming off Prednisone and similar

Chronic infections of the bladder, ears or skin

Increased thirst and urination

Increased appetite, and calcium deposits in the skin

Inflammatory Bowel Disease

Rheumatoid Arthritis

Thyroiditis, Autoimmune thyroiditis

Adrenal insufficiency

Alternating fever and chills

Cirrhosis

Intercostal neuralgia

Parvovirus

Post Traumatic Stress

DOSAGE

Small cats and dogs

1/2-1 level scoop mixed in with food.

Medium dogs

1-2 level scoop mixed in with food.

Large dogs

2-3 level scoop mixed in with food.



DERMATOLOGIC

SYMPTOMS

Hair loss

Hot & red, irritated areas of skin

Scratching irritated areas of skin

Chewing irritated areas of skin

Hot Spot (External)

Herbs applied externally to calm hot and irritated skin.

Hair loss or hot spots are often a result of skin allergies with excessive licking or chewing. Heat and itching may build up in the skin and causes the animal to chew, leading to hot spots. The cause is most often considered to be internal pollution. This formula is applied externally, and, when coupled with the **Pet Detox** formula, helps your animal friend cleanse toxicity from the blood and cure the hot spot. **Pet Detox** formula is used for internal detoxification and blood cleansing. The Hot Spot formula is an external application to the hot spot.

To soothe and cool the area topically, either:

1. Sprinkle into the coat, or
2. Dissolve one tablespoon into 1 pint of water, simmer for 10 minutes, strain and allow to cool to body temperature and sponge it over the affected area. You may have to shave around the hot spot for greater accessibility if it is a chronic problem.

DOSAGE

Apply twice a day, or as needed:

External application on area of the hot spot.

Sprinkle into the coat, or apply as poultice after dissolving one tablespoon into 1 pint of water, boil for 10 minutes, strain and allow to cool to body temperature and sponge it over the hot spot.

ANTECEDENT: Based on the author's experience.

INGREDIENTS: Goldenseal root, barberry root, gotu kola herb, aloe, eucalyptus leaf.

COMBINATION:
Add **Pet Detox** or **Green Power** for detoxification.
Add **Cardo-Support** to nourish circulation.



NEOPLASTIC

Hoxsey Formula

Classic cancer prevention.

Harry Hoxsey's cancer formula, developed in the 1920's and still controversial, contained many of the same ingredients as a formula produced by Parke Davies and Co., their "Trifolium Compound." Another famous formula sharing some of the same herbs is a formula developed by Rene Caisse. Her last name spelled back words, "essiac," is the name given to her herbal formula and is also a most popular alternative treatment for cancer. These formulas using similar herbs share a rich history in the treatment of cancer. According to renowned botanist and herbal researcher, James Duke, Ph.D., this formula has some impressive chemical compounds of considerable interest to the National Cancer Institute. In his article, Herbal Shotgun Shell, in the HerbalGram (1988), he wrote, "Eight of the herbs in the internal tonic showed anti-tumor activity in controlled laboratory tests. Five showed antioxidant properties as protectants against cancer. All showed antimicrobial properties with activity against viral or bacterial infections." This is especially important these days, as infectious agents are being linked to cancers (hepatitis B & C is now linked to liver cancer, see Paul Ewald's book, Plague Times.) Tests also showed anti-mutagenic properties, (protecting us from cellular mutations), cytotoxic properties, (kills cancer cells) and antibacterial, antiviral properties. The Hoxsey formula endures probably due to these actions and is an ideal application to try to shift an animal's constitutional tendency away from supporting the growth of these wayward cancer cells, whilst increasing and building the immune response, and stimulating the release of accumulated toxins. Steven Marsden, D.V.M. has justly brought this formula back into focus with his recent paper, "Naturopathic Treatment of Canine Osteosarcoma" presented at the A.H.V.M.A. Conference in 2000.

ANTECEDENT: Harry Hoxsey's Classic Formula.

INGREDIENTS: Oregon grape root, burdock root, red clover flower, alfalfa leaf, prickly ash bark, stillingia root, cascara sagrada bark, poke root, licorice root.

SYMPTOMS

Cancer

Cancer prevention

Chemotherapy

DOSAGE

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



SYMPTOMS

NEOPLASTIC

Hoxsey, with Boneset

Classic cancer prevention for osteosarcoma.

Harry Hoxsey's cancer formula, with boneset added, was proposed in a treatment protocol for osteosarcoma by Steven Marsden, D.V.M. ("Naturopathic Treatment of Canine Osteosarcoma" presented at the A.H.V.M.A. Conference in 2000.) In this paper he justifies the use of the formula from naturopathic, Chinese, and even modern medicine. *Boneset* was added for the deep-seated bone pain that so often accompanies osteosarcoma, and the analgesic action of this herb is particularly directed towards the bones. This cooling herb was also used historically to cool the heat of stagnant inflammation with deep aches and pains.

Dr. Marsden postulates, "The primary role of the liver in reducing oxidative stress through the neutralization of free radicals suggest it plays a key role in the prevention of osteosarcoma. While this role has largely been overlooked, abnormal liver function tests were found to be strongly associated with poor prognosis in cases of Ewing's sarcoma." The use of a regular liver cleansing herbal formula to clear any sluggishness of function would strongly be suggested as part of this protocol.

ANTECEDENT: A variant of Harry Hoxsey's Classic formula as suggested by Steven Marsden, D.V.M.

INGREDIENTS: Oregon grape root, burdock root, red clover flower, alfalfa leaf, boneset herb, prickly ash bark, stillingia root, cascara sagrada bark, poke root, licorice root.

COMBINATION:

Add **Inflam-Ease** to help to calm the strong inflammatory response that can go along with over-exercise of the limbs. Add **Astragalus/Ligustrum** or **Power Mushrooms** to boost immunity.

Add **Broccoli Sprouts** for liver detoxification and **Green Power**.

Cancer prevention

Cancer

Chemotherapy

Osteosarcoma

Bone pain

Cancer pain with inflammation

DOSAGE

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



ENDOCRINOLOGIC

Hyper-Thyrim, Clinical

Calms and supports the thyroid back in to balance.

Cats are mostly effected by hyperthyroid conditions, so called “thyroid storms,” reaching nearly epidemic proportions, according to leading holistic veterinarian, Martin Goldstein. When the thyroid gland over-revs, heart rate increases (increasing susceptibility of heart disease), body temperature rises, food transit through the digestive system speeds up, loss of weight is common, and there can be watery diarrhea. There may be insatiable appetite, (food poorly transformed,) or lack of appetite. The increase in a cat’s *internal heat* may well make her sensitive and uncomfortable in hot weather. She may become emotionally flammable, flaring up in anger or fear. All are signs of a hyperthyroid. The Chinese antecedent, *Anemarrhena*, *Phellodendron* & *Rehmannia* formula, is a major yin (cooling) tonic to stop the yang flaring, providing nourishment to the thyroid to help it unwind and balance. The Western herb, *Bugleweed*, is one of the precious thyroid inhibitors, especially indicated for calming fast heart beats with a deficient heart force.

ANTECEDENT: Based on *Anemarrhena*, *Phellodendron* & *Rehmannia* Formula, *Zhi Bai Di Huang Wan* (1702 A.D., from *Pattern, Cause, Pulse and Treatment*).

INGREDIENTS: Prepared *rehmannia* root, *cornus* fruit, *dioscorea* root, *poria sclerotium* (hoelen), *moutan* bark, *alisma* rhizome, *anemarrhena* rhizome, *phellodendron* bark, *kelp* thalus, *vervain* rhizome, *bugleweed* leaf, *stevia* leaf.

SYMPTOMS

Raised body temperature

Weight loss

Fast digestive transition time

Watery diarrhea

Dry, patchy skin

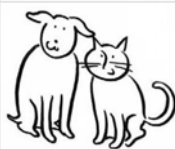
Hyperactivity

DOSAGE

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



ENDOCRINOLOGIC

SYMPTOMS

Pre-clinical hyperthyroidism

Excessive phlegm/ catarrh

Hyper-metabolism

Poor or excessive appetite

Weight loss

Vomiting after meals

Symptoms worse in damp weather

Mucus in the stool

Profuse urination

Barely palpable thyroid tumor

DOSAGE

Per day for two months, or until symptoms abate.

Do not give to a pregnant pet.

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.

Hyper-Thyryn, Early

Early support for maintenance of healthy thyroid.

This formula is best used to prevent hyperthyroidism that mostly effects cats. It helps to holistically change the internal environment so that the hyper-metabolism of a hyperthyroid does not progress. It also helps prevent the reoccurrence of thyroid tumors by removing the “damp” internal environment. According to Steve Marsden, veterinarian and naturopathic doctor, “Feline hyperthyroidism can be prevented by addressing these constitutional tendencies to dampness.” Phlegmatic constitutions create digestive disharmony which may lead to nodules. Failing to shift this type of constitution may lead to thyroid tumors and, hence to surgery to remove the tumor. The TCM formula, *Two Cured Decoction*, has been used for more than a thousand years in the East for phlegm, mucus, and catarrh. The Western herbs, *Eyebright* and *Barberry bark*, are valuable astringents for catarrh and mucus; *Poria* absorbs dampness, *Elder flowers*, used in Europe for centuries, reduces heat and helps reduce phlegm and mucus.



ANTECEDENT: Based on Two-Cured Decoction, *Er Chen Tang* (1075-1078 A.D.), Citrus & Pinellia Combination.

INGREDIENTS: Citrus peel, pinellia stem, poria sclerotium (hoelen), licorice root, ginger root, eyebright herb, barberry bark, stevia leaf.

CAUTION: Over time, too much of this formula could lead to over drying. Watch for dry mouth and excessive thirst



ENDOCRINOLOGIC

Hyper-Thyrim, Late

Supports and balances late stage hyperthyroidism.

The *Er Xian Tang* formula was designed in TCM as a treatment for hypertension in cases where there was a combination of *kidney yang deficiency* and *deficiency fire of the kidney*, two apparently contrary energetics. Usually fire is described as a type of *yang excess* that arises from the imbalance of *yin* and *yang*. When *yin* and *yang* are both deficient, there can be symptoms of each deficiency, which can bounce back and forth between the two, or present both simultaneously. It is also used in modern TCM for renal hypertension where strong fire has consumed *yin* and *yang*. Yet this *yang deficiency* and excess heat also describes late stages of feline hyperthyroidism, and has been recently highlighted by Steve Marsden's DVM clever usage of this formula for late stage feline hyperthyroidism.

ANTECEDENT:

Based on Two Immortals Decoction, *Er Xian Tang* (1596 A.D.), *Curculigo* & *Epimedium* Combination.

INGREDIENTS: *Curculigo* rhizome, *epimedium* stem, morinda root, *phellodendron* bark, *anemarrhena* rhizome, *dong quai* root, *stevia* leaf.

SYMPTOMS

Feline Hyperthyroidism

Chronic renal insufficiency

Azotemia

Progressive emaciation

Excessive: thirst, appetite, urination

Irritability

Extreme chilliness

Restlessness

Exhaustion, Weakness

Small or Red Tongue

DOSAGE

Daily for two to three months, then halve the dosage, or as needed:

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



ENDOCRINOLOGIC

SYMPTOMS

Low TSH
 Fatigue
 Mild depression
 Low body temperature
 Sluggishness
 Weight gain
 Hair loss
 Dry, patchy skin
 Constipation

DOSAGE

Per day for two months, or until symptoms abate.

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.

Hypo-Thyro

Supports and supports bringing the thyroid back up to normal function.

Hypothyroidism is a condition, more common in middle-aged dogs and especially common in Golden Retrievers, Dachshunds and Dobermans. It is a condition where the thyroid is under-performing in the production of thyroid hormones. This leads to a sluggish constitution, a slowing down of food processed through the digestive system, and a tendency for your dog to gain weight, feel fatigued, feel cold, lose hair, act depressed, have dry skin, have a weakened voice, etc. The single most important support for the thyroid is from seaweed, *Kelp* or *Bladderwrack*; its therapeutic constituent is iodine. It contains 10 times more iodine than any leading land plant. According to Ryan Drum, Ph.D., a leading authority on herbal treatments of thyroid conditions, "Kelp is the major booster of the thyroid. The highly bio-available organically bound iodine in kelp is responsible for thyroid relief." *Kelp* was first used to dissolve thyroid tumors and goiters thousands of years ago in ancient China where the diet in the mountain villages was iodine deficient and entire villages developed thyroid goiters. These goiters resolved after eating *Kelp*, that was used to keep seafood fresh on the journey from the coast.

ANTECEDENT: Based on the author's research and experience.

INGREDIENTS: Siberian ginseng root, kelp thalus, astragalus root, alfalfa leaf, fennel seed, garlic bulb, stevia leaf.

CAUTION: Not to be taken over a long period of time.

COMBINATION:

Add **Digestive Tonic** for digestive problems or lack of energy. Add **Cardio-Support** for circulation.



MUSCULOSKELETAL

Inflam-Ease

Cools inflammation and flare-ups.

An excellent herbal anti-inflammatory, **Inflam-Ease** is a wonderful alternative to non-steroidal drugs such as *Rimadyl* which can have serious side effects. This formula cools chronic and acute inflammations from exercise activities such as long walks or runs, as well as injuries or traumas, also from the chronic flare-ups of tendonitis or arthritis.

This formula is based upon an old TCM formula used to open up the healing flow of energy and blood, often shut down as nature tries to tell our animal friends to rest in order to heal. Scientific evidence shows that *bromelain*, (a proteolytic enzyme of pineapple) breaks down fibrin, a substance that builds up around inflamed areas, blocking blood supply. *Turmeric* creates a wonderful anti-inflammatory response with results comparable to ibuprofen without any side effects. *St. John's Wort* has been used for centuries in Europe to relax muscle spasms and soothe nerve pain.

ANTECEDENT: Based on Fantastically Effective Pill to Invigorate the Collaterals, *Huo Luo Xiao Ling Dan*, (1918 A.D.)

INGREDIENTS: Dong quai root, St. John's wort herb, turmeric tuber, red peony root, bromelain (proteolytic enzyme from pineapple), myrrh oleo gum resin, frankincense, salvia root, cnidium rhizome, milletia root & vine, corydalis tuber, pseudo-ginseng root, stevia leaf.

CAUTION: Not to be taken over a long period of time.

COMBINATION:

Add **Pet Joint-Ease** for arthritis.

Add **Pet Detox** and or **Green Power** for detoxification.

SYMPTOMS

Trauma & injuries

Inflammation & swelling

Arthritis

Degenerative joint disease

Hip dysplasia

Post-surgical recovery

Sprains, strains
Fractures

Rheumatic or
arthritic fibromyalgia

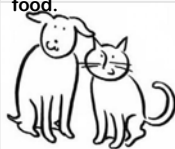
DOSAGE

Use as needed, until symptoms abate. Not for extended periods. Do not give to a pregnant pet.

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



SYMPTOMS

DIGESTIVE

Intesti-Care

Calms the irritability of the bowels.

This formula is for irritable bowel syndrome, also known as nervous indigestion, mucous colitis, or spastic colitis. This is a common disorder of the large intestine or bowel from which some 15% of the U.S. The formula is based on the Chinese classic *Four Gentlemen formula*, with lotus seed to stop diarrhea, and dioscorea yam, which is easily digested and is strengthening to digestion and energy. *Cardamon* rids the body of dampness, allowing the other herbs to tonify without stagnation. *Marshmallow* and *Slippery Elm*, both demulcents that calm and soothe the intestinal membranes, are high in pectin and mucilage.

ANTECEDENT: Based on Ginseng, Poria and Atractylodes Powder, *Shen Ling Bai Zhu San*, (1078 A.D.), Ginseng Atractylodes Formula.

INGREDIENTS: Atractylodes root, Asian ginseng root, dioscorea root, hyacinth bean, lotus fruit, poria sclerotium (hoelen), licorice baked root, coix seed, cardamon fruit, balloon flower root, marshmallow root, slippery elm bark, stevia leaf.

**COMBINATION:**

Add **Herbisone** for flare up's or inflammatory bowel disease. Add **Pet Detox** and or **Green Power** for detoxification.

DOSAGE

Use as needed:

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



UROLOGIC

Kidney Support

Herbal protection for the health of the kidneys.

The kidneys play a large role in the TCM scheme of body and mind. They store and generate the vital life force, (Qi) of the body and mind. They also control reproduction, fertility, and govern strong bones and marrow. Japanese studies using this formula base demonstrate benefits for elderly animals and also improved kidney function; author of one study states "blood pressure reduction was associated with a decrease in cardiac mass and in thickness of the aortic wall. Urinary excretion of prostaglandin E2 was increased and glomerular filtration rate was improved with this treatment. Glomerulosclerosis and arterial injury in the kidney were morphologically improved. The data suggests that *Hachimi-jio-gan*, (Rehmannia Eight) extract exhibits an anti-hypertensive effect, which is associated with partial resolution of renal injury in salt-induced hypertension."

Combined with *Asian ginseng*, it synergistically prevents protein metabolism, thereby slowing the aging process, reducing wrinkling and joint damage while protecting against tumors. *Buchu* acts as a urinary tract antiseptic inhibiting the growth of bacteria

ANTECEDENT: Based on Eight Ingredient Pill with Rehmannia, *Ba Wei Di Huang*, (1827 A.D.), Rehmannia Eight Combination.

INGREDIENTS: Prepared rehmannia root, cornus fruit, dioscorea root, poria sclerotium (hoelen), moutan bark, alisma rhizome, aconite, cinnamon, Siberian ginseng root, fo-ti root, corn silk, buchu leaf, stevia leaf.

CAUTION:

This formula should not be used if the animal is experiencing "heat" symptoms such as red tongue, seeking cool spaces, fever, etc.

COMBINATION:

Add **Herbione** for any autoimmune involvement.

SYMPTOMS

Chronic renal failure

Polyuria, Polydipsia

Chronic vomiting

Seeking heat

Chronic nephritis

Fearful

Exhaustion

Diabetic nephropathy

Bladder infections

Weak joints

Frequent urination

DOSAGE

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



SYMPTOMS

Elevated liver enzymes in the blood

Hepatic lipodosis

Vomiting

Poor appetite

Yellowing eyes

Light colored bowel movements

Swelling of the abdomen

DOSAGE

You may need to take this formula for extended periods.

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



LIVER

Liver HeProtect

Herbal protection for the health of the liver.

Our animal friends are exposed to a wide variety of environmental pollutants. They can swallow or lick up poisonous substances including household chemical sprays, lawn treatments including herbicides and pesticides; they ingest artificial coloring, flavoring and chemical food preservatives, meat from diseased animals found in pet foods; they must tolerate the stress and strain of vaccines, tick repellent, heartworm chemicals, over-the-counter and prescription pharmaceuticals, etc. The liver is the body's main detoxifier, one of the most important vital organs, and needs a little help in filtering out all of the above. This formula offers protection and regeneration for your pet's liver. *Silymarin*, the active ingredient in *Milk Thistle*, has been shown to work in chronic liver disease and is able to improve liver function. Results in many double-blind studies on the effects of *silymarin* show regeneration of liver cells and positive protection from acute viral hepatitis through major antioxidant and anti-peroxidative effects. The base of this formula, (used in Japan by 90% of human chronic hepatitis sufferers) *Chai Hu*, is being studied by the Japanese for improving levels of Interleukin-1, a compound which acts to improve the immunity of the liver. Japanese researchers have identified steroid-like ingredients, saikosaponins, that enhance the activity of cortisone and prevent adrenal atrophy. The studies seemed to promote the clearance of HBsAg in children with chronic hepatitis B virus infection and with sustained liver disease. *Bupleurum* also displays non-steroidal, anti-inflammatory activity and has been shown to protect against the effects of prednisone.

ANTECEDENT: Based on Minor *Bupleurum*, *Xiao Chai Hu Tang*, (300 B.C. -300 A.D.), Minor *Bupleurum* Combination.

INGREDIENTS: Milk thistle seed, nettles herb, bupleurum root, pinellia stem, baical skullcap root, Asian ginseng root, licorice root, ginger root, zizyphus fruit, schisandra fruit, stevia leaf.

COMBINATION:

Add **Broccoli Sprouts** to support liver functioning

Add **Astragalus/Ligustrum** or **Power Mushrooms** to boost immunity.

Add **Broccoli Sprouts** and **Green Power** for detoxification.

RESPIRATORY

Lung Soothe (Dry cough)

Herbs to soothe, moisten, and calm irritation in the lungs.

This formula is a soothing tonic for the lungs, relieving dry coughs, cleansing the lungs and calming irritation. It is a historical variation of a famous Traditional Chinese Medical formula, *Rehmannia Six*, known to cool and nourish yin and is especially targeted for the lungs. It quiets and calms frenetic activity and nourishes the lung yin. *Ophiopogonum* moistens dry cough to help expectorate the old, sticky phlegm. *Schisandra* strengthens the kidney and lungs, and cleanses through its astringent quality. *Cornus* nourishes the liver and kidneys, suppresses cough and clears heat. The Western herb, *Wild Cherry bark*, is cooling and astringent, moistening the lungs and windpipe, calming irritation and inflammation. *Eucalyptus leaf* cools and moistens inflammation and this translates into our animal friend coughing less with less Kennel cough (*bordetella bronchiseptica*)-like coughing sounds that can be so distressing.

ANTECEDENT: Based on Eight Immortal Pill for Longevity, *Ba Mai Wei Di Huang*, (1742 A.D.)



INGREDIENTS: Prepared rehmannia root, cornus fruit, dioscorea root, moutan bark, poria sclerotium, alisma rhizome, zizyphus seed, eucalyptus leaf, wild cherry bark, schisandra fruit, ophiopogonum tuber, stevia leaf.

SYMPTOMS

Cough, or dry, barking cough

Exposure to second hand smoke

Gagging

Hoarse

Croup-like cough

Bronchitis

Congestion

Kennel cough (*bordetella bronchiseptica*)

Feline viral rhinotracheitis

Wheezy breathing

DOSAGE

Daily for two to three weeks, then halve the dosage, or as needed:
Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



SYMPTOMS

IMMUNOLOGIC

Pet Boost

Herbs to support a healthy immune system.

The immune system works constantly to keep environmental disease forces at bay, including viruses, harmful bacteria, and external heat and cold. It also keeps our animal friend's normal control factors on course, keeping uncontrolled cell division in check. Our pet's immune system can get run down, making them susceptible to any number of dangers. This formula addresses a weakened immune system.

Recent research into *baical skullcap* (*scute*) shows an antibiotic effect against six types of pathogenic bacteria and promising activity against retro-viruses such as HIV. *Ginseng's* immunostimulating activity is multidimensional. It enhances antibody responses, cell-mediated immunity, and production of interferon. It also increases natural killer cells, acts as a lymphocyte and reticuloendothelial system proliferative and improves phagocytic functions. *Astragalus* strengthens "Qi" and helps to prevent and fight colds and bacteria. A recent study in Houston found it restored T-cell function in nine out of ten cancer patients undergoing chemotherapy. *Atractylodes* is often used with *Ginseng* in immune enhancing formulas. It tonifies the digestion and energy and increases white blood cell count. *Kelp* is the source for organically bound iodine to maintain a healthy thyroid. *Garlic* is used to reduce the risk of cancer and infections and is extremely protective of the cardiovascular system. This formula adds up to major support for our animal friend's immune system.

ANTECEDENT: Based loosely on Four Gentlemen Decoction, Si Jun Zi Tang (1078 A.D.), Major Four Herb Combination.

INGREDIENTS: Asian ginseng root, atractylodes rhizome, poria sclerotium (hoelen), licorice root, kelp thaluss, garlic bulb, astragalus root, schisandra fruit, stevia leaf.

COMBINATION:

Add **Petsiac** and/or **Hoxsey** for cancer.

Add **Digestive Tonic** for fatigue.

Add **Vir-Assist** for viral infections.

Recurrent illnesses

Compromised immune system

Cancer

Chronic fatigue

Recurrent upper respiratory infections

Slow injury recovery

Viral infections

Feline Infectious

Peritonitis

Feline leukemia

Feline Immunovirus

Chemotherapy

Radiation treatments

DOSAGE

You may need to take this formula for extended periods.

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



NEUROLOGIC

Pet Calm

Calms the nerves and anxiety.

Anxiety differs from fear in that fear is a rational response to a real danger. For our animal friend, this could mean facing the big tom-cat down the road. Anxiety often lacks a clear, realistic cause; the nervous system remains on edge even when no immediate danger is present. **Pet Calm** is a good formula to help switch “off” the fight or flight response in the nervous system, and is useful post trauma, (i.e., post accident, fight, etc.) It is also helpful to use preventively for situations that may be anxiety provoking, such as before a visit to the vet or pet groomer, or before a long car or air journey.

This nerve soothing formula includes some world-class herbal stars. Studies of *Valerian*, a mild sedative and relaxant, demonstrate that it contains the ingredients valeric acid and valepotriates, which bind to the same receptor sites in the brain as valium and the benzodiazepine drugs. *Chamomile* has been used for centuries for its gentle calming influence. The Traditional Chinese Medical formula, *Suan Zao Ren Tang*, is centered around *Zizyphus*, a popular sedative that calms the heart while nourishing its yin. This formula has been used for thousands of years to calm and soothe overtaxed nervous systems.

ANTECEDENT: Based on Sour Jujube Decoction, *Suan Zao Ren Tang*, (220 A.D.)

INGREDIENTS: Zizyphus seed, poria sclerotium (hoelen), cnidium root, licorice root, anemarrhena root, passion flower leaf, valerian root, chamomile flower, fo-ti root (he shou wu), biota seed, polygala root, stevia leaf.

COMBINATION:

Add **Cardio-Support** for a weakened heart.
Add **Alert** for agitation and age-related decline.

SYMPTOMS

Agitation
Anxiety
Travel
Whimpering
Panic
Irritability
Dizziness
Insomnia
Apprehension
Phobia disorder
Fits of fear
Post-traumatic stress
Shortness of breath

DOSAGE

Daily for two to three months, then halve the dosage, or as needed:

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



CLEANSING

SYMPTOMS

- Arthritis
- Cancer prevention
- Hot spots
- Chronic skin problems
- Eczema, wet
- Skin sores
- Rashes
- Boils, Carbuncles, Cysts
- Bad breath
- Endocrine & exocrine disorders
- Blood purification
- Cleansing after long-term constipation
- Heavy metal poisoning
- Overweight

DOSAGE

Per day for two to three months, then halve the dosage, or as needed:

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



Pet Detox

A cleansing and detoxifying formula.

This formula helps our animal friend cleanse toxicity from the blood and helps remove wastes held in the blood. These undesirable wastes are from both the internal and external world and may include pesticides, herbicides, internal cellular wastes, viral particles, yeast cells, and bacteria. They can build-up over time and set up a level of toxicity in your animal friend that can be the starting point for many serious diseases like cancer, arthritis, or other degenerative problems. Christopher Hobbs, a renowned herbalist, defines a “blood purifier” as an herb that facilitates and supports the elimination of wastes from the blood through the skin, kidney, and bowels. *Dandelion* is a great cleansing herb that supports liver function, stimulating bile production and flow. It is also a gentle diuretic and encourages waste excretion. *Blessed thistle* also supports liver function and encourages waste excretion. *Burdock* is one of the foremost detoxifying herbs of the Eastern and the Western traditions; it is used to cool and cleanse toxic accumulations from the blood. Along with red clover, improves skin quality (rashes, hot spots and other chronic skin problems). *Fenugreek* soothes and cleanses. *Kelp* is a nutritive food for the blood, a wonderful source of trace elements, and binds heavy metals in the gastrointestinal tract preventing their absorption. *Kelp* has the added bonus of soothing the gastrointestinal tract.

ANTECEDENT: Based on the author’s clinical experience and research.

INGREDIENTS: Dandelion root, burdock root, blessed thistle aerial parts, fenugreek seed, fennel seed, kelp thalus, red clover aerial parts, stevia leaf.

COMBINATION:
Add **Wormwood Parakill** to clear parasites before using **Pet Detox**.

Add **Liver HeProtect** to target the liver during the cleanse.

Add **Easy Move** for constipation.

Add **Joint-Ease** for arthritis.

MUSCULOSKELETAL

Pet Joint-Ease

Supports joint health and ease of movement.

Arthritis is more often seen in dogs than cats and shows up in several forms: hip dysplasia;* degeneration of the joint cartilage; arthritis of the limbs; swelling and pain in the leg bones. These are all faces of arthritis which can make our animal friends miserable. This formula can help, especially when symptoms are aggravated by cold, damp weather.

This formula, used for thousands of years, contains herbs for joint inflammation and has analgesic and circulation-promoting properties. *Pubescent angelica* is included for acute or chronic pain obstruction. *Large gentian* has recently been discovered to contain *gentianine*, a powerful anti-inflammatory agent. *Turmeric* contains *curcumin*, a powerful antioxidant shown to prevent free-radical damage of the joints to a greater extent than both Vitamin E and Vitamin C; it mobilizes the body's own anti-inflammatory system. *Bromelain*, a mixture of enzymes from pineapple, therapeutically breaks down fibrin, which walls off inflamed areas, obstructing blood flow and tissue drainage.

**Affects up to 50% of some large breeds; it is a malformation of the hip, allowing excessive movement causing chronic inflammation and leading to calcium deposits.*

ANTECEDENT: Based on Angelica and Mulberry Mistletoe, *Du Huo Ji Sheng Tang*, (625 A.D.), Tu Huo & Loranthes Formula.

INGREDIENTS: Angelica root, mulberry mistletoe stem, eucomia bark, cyathula root, ginger rhizome, large gentian root, poria sclerotium (hoelen), cinnamon bark, siler root, cnidium root, Asian ginseng root, licorice root, dong quai root, white peony root, prepared rehmannia root, yucca stem, devil's claw root, turmeric tuber, bromelain (proteolytic enzyme from pineapple), stevia leaf.

COMBINATION:

Add **Inflam-Ease** for flare-ups.

Add **Pet Detox** and/or **Green Power** for detoxification.

SYMPTOMS

Osteoarthritis

Rheumatoid arthritis

Degenerative joint disease

Pain and stiffness around joints

Hip dysplasia

Reluctance to jump

Resistance to touch around the hind quarters

Inflammation and swelling

Fatigue

Weak joints

DOSAGE

Per day for two to three months, then halve the dosage, or as needed.

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



SYMPTOMS

Cancer prevention

Cancer

Chemotherapy

Radiation

Leukopenia

Tumor growth

Depleted immune system

Low blood counts

NEOPLASTIC

Petsiac

Herbs to cleanse and support the immune system.

This formula was pioneered into existence, with a life time of commitment and work by Rene Caisse, R.N., a Canadian nurse. (Essiac is Caisse spelled backwards.) In over 50 years, she successfully treated thousands of patients. Cancer has become epidemic in our animal friends and this has led to a search that has crossed this formula over into the animal world. I agree with the renowned veterinarian, Dr. Pitcairn, in his Complete Guide to Natural Health for Cats and Dogs, who states "Research suggests that environmental pollutants and chemicals in food are major factors in the development and support of this group of diseases...but they don't take effect unless the individual is in a weakened state."

The Chinese approach is Fu Zheng therapy meaning to promote or enhance the natural host defense mechanism by strengthening one's resistance. This approach is widely used also as an adjunct therapy to chemotherapy and radiation. Positive research supports the use of Fu Zheng herbs. *Reishi mushroom* is used when there is a weakened toxic state to enhance the immune system, increase white cell counts, platelets, hemoglobin and various tumor fighting cells. The deep cleansing effects of *essiac* combined with *Reishi* help to cleanse and boost the immune system.

ANTECEDENT: Based around Rene Caisse's formula, Essiac.

INGREDIENTS: Burdock root, sheep sorrel herb, red clover aerial parts, reishi mushroom, slippery elm bark, turkey rhubarb root, stevia leaf.

COMBINATION:

Add **Pet Boost** to strengthen the immune system.

Add **Astragalus/Ligustrum, Protect** and/or **Power Mushrooms** for fatigue and support during chemotherapy.

Add **Hoxsey** to alternate for long-term usage.

DOSAGE

You may need to use this formula for extended periods.

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



NEOPLASTIC

Power Mushrooms

Herbal nourishment for immune system support.

Medicinal mushrooms, used by TCM for thousands of years to stimulate the immune system, are now coming into their own in the West with the aid of scientific research. Conventional scientific databases contain hundreds of references to “power” mushrooms. In China, cancer research and treatment are showing they can help counteract the toxic effects of chemotherapy and radiation while increasing outcomes against control groups not using herbs. *Reishi* relaxes the central nervous system helping sleep and anxiety. It deeply nourishes the immune system, boosting the life span of white blood cells; its polysaccharides are anti-tumor, anti-viral and boost T-cell function. It is as anti-inflammatory as prednisone for arthritis and inhibits histamine response of allergies. *Maitake* targets breast and colorectal cancers, is anti-diabetic and anti-viral. It is very effective for helping the immune system rebound from chemotherapy. Polysaccharide compounds from *Shiitake* that exhibited strong anti-tumor activities. TCM energetics describe the affinity mushrooms have in nature for dispersing, breaking down and transforming dead matter, transforming the accumulation of toxins, moving stagnation and balancing excess environments. As in nature, mushrooms stimulate balance and rejuvenation in the body. A number of researchers have come to the conclusion that, to maximize a host-mediated response to awaken the immune system, a panoply of mushroom polysaccharides is best.

ANTECEDENT: Based on the author’s clinical experience and research.

INGREDIENTS: Organic maitake mushroom, organic reishi mushroom, organic shiitake mushroom.

COMBINATION:

Add **Hoxsey** and/or **Petsiac** for cancer support.

Add **Liver HepProtect** for hepatitis.

Add **Allerg-Ease** for allergies.

SYMPTOMS

Radiation

Chemotherapy

Fatigue

Depleted immunity

Allergies

Coronary heart disease

Weakness in the limbs

Extreme weakness

General tonic

Stress

Lethargy

Restless sleep

DOSAGE

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



SYMPTOMS

IMMUNOLOGIC

Protect

Builds defenses before an attack; supports a healthy immune system.

This formula is for preventing and defending against repeated upper respiratory infections. It promotes the immune response to halt pathogen invaders before they can create full-blown infections.



In Traditional Chinese Medicine, this formula serves as a screen or barrier against the invasion of pathogenic wind that disrupts lung energy and leaves us open to “attack.” The herbs in this formula boost protective energy and generate more internal energy as well. Historically considered more valuable than jade by the Chinese, the original name for this herb combination was *Jade Windscreen*. Some teachers in the West are now recommending this remedy to people who work in sick buildings to protect their bodies from environmental toxins. More and more studies are verifying that *Astragalus* root, the central herb of this formula, boosts T-cell counts and other important immune system functions.

ANTECEDENT: Based on Jade Windscreen Powder, *Yu Ping Feng San*, (1481 A.D.), *Astragalus* and *Siler* Formula.

INGREDIENTS: *Astragalus* root, *atractylodes* rhizome, *siler* root, *stevia* leaf.

COMBINATION: Add **Pet Boost** to strengthening the immune system. Add **Sinus-Ease** and **First Defense** for “wind cold.”

Repeated infections

Immune deficiency

Low immune function

DOSAGE

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



RESPIRATORY

Sinus-Ease

Supports the sinuses and helps keep them clear.

Herbs in this formula help fight infection and help to calm the sinuses. The sinuses serve as chief protector of the lungs by acting as a filter defending against bacteria, viruses, dust, and pollen. Colds, second hand cigarette smoke, dry or cold air, allergies, weakened immunity, and stress are all factors that can weaken the protective function of the sinuses, thereby causing respiratory disease and sinusitis. The *Cang Er San* formula is the premier Traditional Chinese Medicine sinus formula, helping to clear blockages from the sinus passages. The addition of natural anti-inflammatory herbs, such as *turmeric* and *bromelain*, calm the sinuses and potentiate each others actions. *Bai zhi angelica* is a natural decongestant that eliminates nasal congestion and reduces swelling with a strong anti-microbial action. *Feverfew* has analgesic and anti-inflammatory properties believed due to its parthenolide ingredient. *Eyebright* contains glycosides, flavonoids and tannins that account for its astringent and anti-inflammatory properties. *Eyebright* is particularly useful for red or inflamed eyes and conjunctivitis.

ANTECEDENT: Based on Xanthium Powder, *Cang Er San*, (1253 A.D.,) Xanthium Formula.

INGREDIENTS: Bai zhi angelica root, field mint herb, magnolia flower, cocklebur fruit, allium bulb, green tea leaf, barberry bark, feverfew herb, turmeric tuber, bromelain (proteolytic enzymes from pineapple), eyebright herb, stevia leaf.

COMBINATION:

Add **Dry-Ease** for copious phlegm.

Add **Green Power** to help clear toxicity.

Add **Power Mushrooms** for to boost immunity.

SYMPTOMS

Allergic rhinitis

Repeated upper respiratory infections

Heavy phlegm

DOSAGE

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.



SYMPTOMS

Restlessness

Tongue/mouth
ulcers

Sleeplessness

NEUROLOGIC

Sleep-Ease

Herbal nourishment for the parasympathetic nervous system.

Many animals disturb their owner's sleep, as well as their own! **Sleep-Ease** combines herbs from three continents. *Valerian* is included as a calming nervine, it is the noted herb for sleep. CNS sedation is regulated by receptors called GABA-A in the brain. *Valerian* may bind to these receptors, very mildly, to exert a sedating action. Studies demonstrate *Valerian* to be much more effective for restful sleep than placebo. *Valerian* has the same ingredients, valeric acid and valepotriates, which bind to the same receptor sites in the brain as valium and the benzodiazepine drugs, yet does not impair mental function. This formula helps to nourish the PSNS gently, over time, to help create and induce climate a climate of calm in the nervous system. *Passion flower* studies point to flavonoids in *Passion flower* as the main ingredient responsible for its relaxing and anti-anxiety effects. The *Ginseng and Zizyphus* formula is traditionally used in Chinese Medicine for "Heart and Kidney Yin" depletion. Animal studies on rats, mice, guinea pigs, rabbits, cats and dogs have shown wild *Zizyphus* seeds to have a sedative and hypnotic effect, causing a reduction in conditioned reflexes, a reduction in hyperactivity, and a lowering of blood pressure. Oral administration of the decoction of the herb prolonged sodium pentobarbital-induced sleep in mice and significantly caused a sub-threshold dose of sodium thiopental to induce anesthesia in rabbits.

DOSAGE

Small cats & dogs:1/2-1 small scoop
mixed in with
food.**Medium dogs:**1-2 small scoops
mixed in with
food.**Large dogs:**2-3 small scoops
mixed in with
food.

ANTECEDENT: Celestial Emperor Heart Supplementing Elixir, *Tian Wang Bu Xin Dan*, (1279-1368 A.D.), Ginseng and Zizyphus Formula.

INGREDIENTS: Rehmannia root, Asian ginseng root, poria sclerotium, polygala root, acorus root, scrofularia root, biota seed, balloon flower root, asparagus tuber, salvia root, stemona root, jujube seed, eucommia bark, licorice root, dong quai root, ophiopogonum tuber, schizandra fruit, valerian root, passion flower root, chamomile flower, stevia leaf.



UROLOGIC

Stone-Solve

Herbal nutrition to support the expelling of stones.

Stones are formed when urine pH levels, or other chemical factors, cause the minerals to bind and form crystals, which in turn build upon each other to create solid structures-

“stones”, also known as uroliths. Uroliths are most likely to occur in the bladder, but they sometimes form in the kidneys.

Cornsilk is a gentle diuretic and demulcent that lubricates (with mucilaginous substance), soothes and protects internal mucus membrane. It does not have the harsh volatile oils of other diuretics; and it doesn't irritate the kidneys. *Dandelion leaf* and *Horsetail* are approved in Germany as part of therapy of people with UTI's, they also reinforce each others diuretic action. *Horsetail* is high in bioactive silicon and thiaminase.

The hemolytic and anti-microbial properties of *horsetail* make it especially useful for urinary stones. These herbs appear to work by increasing urinary volume and helping to flush bacteria out of the urinary tract. *Lysimachia* is the Chinese herbal star in the formula for the breaking up of stones. Used in several Chinese patented formulas for the relief of both gallstones as well as urinary stones. In TCM, it is not at all uncommon that “damp clearing” herbs that dissolve stones of the urinary tract are also effective for the gallbladder.

INGREDIENTS: Horsetail herb, cornsilk, lysimachia stem, dandelion leaf, moutan, alisma root, buchu leaf, stevia leaf.

ANTECEDENT: Based upon the author's research and experience.

CAUTION:

Horsetail, even with the demulcent protection of *cornsilk*, may be a little irritating if used over 25 days.

COMBINATION:

Add **Bladder Clear** to clear ongoing damp heat.

Add **Green Power** for ongoing nutrition.

SYMPTOMS

General Calculi

Urinary calculi

Abdominal swelling

Restlessness

Distress when urinating

Bloody urine

Crystals in urine or on fur

DOSAGE

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



DIGESTIVE

SYMPTOMS

Travel-Ease

Soothes nausea; Supports digestive well-being; Eases motion discomfort associated with traveling.

This formula prevents the waves of nausea associated with air travel, sea sickness, travel sickness, nausea, and post-operative nausea. When your animal friend cannot face solids, try mixing into chicken broth, with their water moved away, to encourage their drinking of the formula with electrolytes. *Ginger*, the “chief” herb in this formula, calms and warms the digestion. Recent studies have focused on its effectiveness against nausea of many kinds. *Ginseng*, in the traditional Chinese view, is the “deputy,” nourishing and strengthening the digestive fires. *Atractylodes* aids by drying and strengthening the digestion. The fresh *Ginger* serves to reinforce the digestion by expelling cold and warming “the middle.” Studies have also shown that *Ginger* increases the production of lipase, a digestive enzyme.

ANTECEDENT: Based on Regulate the Middle Pill, *Li Zhong Wan*, (200 A.D.), Ginseng & Ginger Combination.

INGREDIENTS: Asian ginseng root, licorice root, *Atractylodes* rhizome, ginger root, stevia leaf.

CAUTION: This formula is for short-term use. Discontinue after nausea stops, as prolonged use may cause overheating and drying, resulting in thirst, or constipation. Use of this formula is contraindicated if fever is present.

COMBINATION: Add **Digestive Tonic** for long-term strengthening of the digestion.



Vomiting

Travel sickness

Sea sickness

Air sickness

Car sickness

Post operative
nausea

Lack of appetite

DOSAGE

Per day, starting
3-4 days before
and during a long
journey.

**Small cats &
dogs:**
1/2-1 small scoop
mixed in with
food.

Medium dogs:
1-2 small scoops
mixed in with
food.

Large dogs:
2-3 small scoops
mixed in with
food.



IMMUNOLOGIC

Vir-Assist

Promotes and supports a healthy immune system against viruses.

Our animal friends, like ourselves, are under attack by new and old evolving viruses (Feline Immuno-Deficiency virus appeared as recently as 1986). Yet these devastating “guests” are not the whole picture. Two animals exposed to exactly the same virus will not always develop the same illness. One may not have any symptoms while the other is devastated. How the unpleasant “guest” is received by the “host” is equally, if not more, important. If the “host” has a compromised and weakened immune system, it will be especially vulnerable to infection. How to assist our animal friends before and during an infection? We must build up their immune systems to fight off the virus and restore and rebuild health and vitality. This formula contains *Andrographis*, long used in TCM and Ayurvedic herbal traditions, newly gaining a lot of exciting interest from the scientific community for its ability to stop or slow the growth of viruses. *Andrographis* restricts cell-to-cell transmission and stimulates the antibodies to counteract invading microorganisms, boosting interferon production and macrophage cells (to scavenge and destroy invaders.) *Andrographis* is even more effective when combined with *Echinacea*. Of the species of *Echinacea*, it is believed that *purpurea* is more antiviral. *Coix* has demonstrated its ability to stimulate helper T-cells (that stimulate the immune system to attack viruses) and fights tumors caused by viruses. *Baicalin*, a compound of *Scutellaria* also fights viruses by inhibiting replication.

ANTECEDENT: Based on the author’s experience and research.

INGREDIENTS: Schisandra berry, Asian ginseng root, shiitake mushroom, andrographis paniculata, (standardized extract to 10% andrographolides), skullcap herb, ligustrum fruit, isatis fruit, coix seed, stevia leaf.

COMBINATION:

Add **Digestive Tonic** for weakened digestion.

Add **Pet Boost** for fatigue.

SYMPTOMS

Feline leukemia (LeLV)

Feline infectious peritonitis (FIP)

Feline immuno-deficiency virus (feline AIDS)

Feline viral rhinotracheitis

Parvovirus

Coronavirus

Parainfluenza

Distemper

Lyme disease

Leptospirosis

Bordetella

DOSAGE

Per day for two to three months, or as needed:

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food



SYMPTOMS

UROLOGIC

Water Flow

An herbal diuretic.

This formula is a safe, gentle herbal diuretic that includes the Western herb, *Dandelion*, to replace potassium, an element often leached away by synthetic diuretics and other herbal diuretics. Used for centuries, dandelion is a detoxifying herb, though its exact mode of action is still largely unknown. Its major benefits are derived from the leaves, which produce a diuretic action, yet contain high levels of potassium, giving the body back this much-needed mineral. In traditional Chinese herbalism, the peel or rind of the herbs in this formula are used to treat skin edema and are considered to be especially effective in moving water below the skin. The classic Traditional Chinese Medicine formula, *Five Peel Decoction*, does not contain harsh leeching herbal diuretics and is safe and effective. The use of *Buchu* leaves is from the South African herbal tradition; they are a urinary antiseptic and a great diuretic. The active ingredient believed responsible for the diuretic action has been identified as diosphenolis.

DOSAGE

INGREDIENTS: Mulberry root bark, Chinese wolfberry root bark, poria bark, areca peel, ginger root, dandelion leaf, nettle leaf, buchu leaf, stevia leaf.

ANTECEDENT: Based on Five Peel Decoction, *Wu Pi Yin*, (1253 A.D.), Hoelen & Areca.

CAUTION: Even though this formula is mild, it is best not to use on a continual basis. If you have used other diuretics before, you may consider supplementing with potassium. Do not use during pregnancy.

Abdominal distension

Facial edema

Generalized edema/water retention

Skin edema

Urinary difficulty

Difficult urination

Epigastric pain & fullness

Small cats & dogs:

1/2-1 small scoop mixed in with food.

Medium dogs:

1-2 small scoops mixed in with food.

Large dogs:

2-3 small scoops mixed in with food.



CLEANSING

Wormwood Parakill

Used to clear and cleanse the intestines.

Parasites are rife in most cats and dogs, and it's a major problem right from the very beginning of their lives, with nearly all puppies and kittens being born with some form of intestinal worms. Roundworms, visible in feces or vomit, infest mainly puppies. Tapeworms are spread by fleas, eating other critters, and by licking other animals in unsavory places, as well as licking or eating other animal feces. Parasites can be picked up by licking paws clean after walking through feces. Often they can be seen as a flat and rice-like worm appearing around the anus. Whipworms and hookworms are too small to be seen. Hookworms are more serious as they are blood suckers and can lead to anemia. Both Chinese and Western herbal traditions have grappled with parasite problems for thousands of years. Different herbs have been found to expel or eliminate different parasites; the herbs in this formula cover a broad spectrum. This formula is best taken on an empty stomach, even after a short fast. Remember that an animal with parasites can pass them along easily to other animals and even to us; if you suspect parasites see your veterinarian. If you live in the city wash your hands well after disposing of your animal feces responsibly. We give our animal friend this formula every Spring as a preventive measure.

ANTECEDENT: Based on Dissolve Parasites Pill, *Dan Dao Qu Hui Tang*, (1980 A.D.)

INGREDIENTS: Black walnut hulls, melia root bark, areca seed, garlic bulb, wormwood leaf, gentian root, stevia leaf.

CAUTION: Not to be taken by pregnant animals and this formula should not be taken for more than two weeks. Keep away from children. Seek advice and testing from your veterinarian if you suspect the parasites persist – they can be difficult to pick up in tests. **DO NOT GIVE TO CATS.**

SYMPTOMS

Loss of weight
Diarrhea
Vomiting
Bloody stool
Anemia
Whipworm
Tapeworms
Hookworms
Roundworms
Pot bellied puppies

DOSAGE

Small cats & dogs:
1/2-1 small scoop mixed in with food.

Medium dogs:
1-2 small scoops mixed in with food.

Large dogs:
2-3 small scoops mixed in with food.





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