

Ethno Health Products

Uncaria 11

Recipe: Tian Ma Gou Teng Yin

“Calms the liver yang, removes wind and heat, activates the blood, nourishes the liver and kidneys.” Dating back from the beginning of the twentieth century, this tea was used as a tonic for stress, irritability, anger and fear.

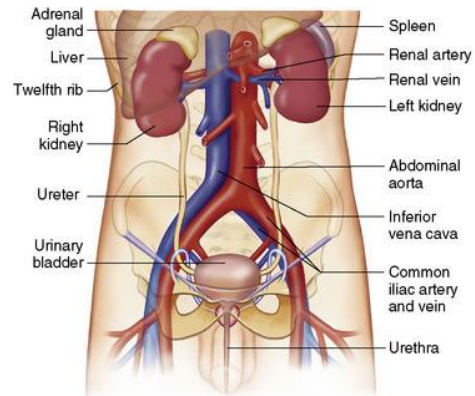
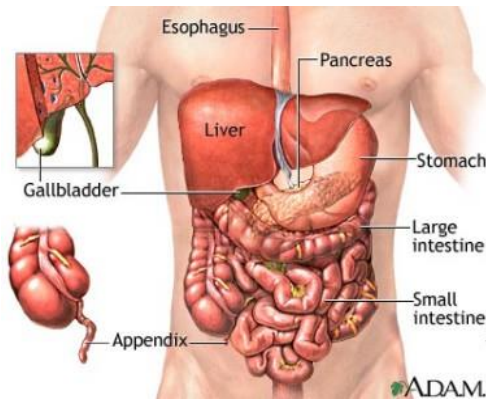
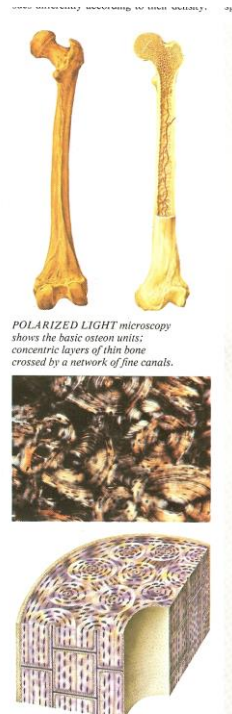


Photo: The EpochTimes



POLARIZED LIGHT microscopy shows the basic osteon units; concentric layers of thin bone crossed by a network of fine canals.

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Product Ingredients

Abalone/abalone Peel Extract (*Haliotidis concha*)

10:1

10% Extractable Matter from the Membranous Peel



- Rich in the essential minerals calcium (Ca), potassium (K), magnesium (Mg), manganese (Mn), zinc (Zn), copper (Cu), and iron (Fe) (Transparency, n.d.).
- Saltiness of the abalone helps clear accumulations like phlegm.
- Has been shown to help the role of calcium on blood pressure (Villa-Etchegoyen, et. al., 2019).
- Abalone extract has demonstrated that an increased amount of blood serum calcium decreases or helps regulate blood pressure (Chen, et. al., 2013)
- In Traditional Chinese Medicine, abalone shells are known as plants that pacify internal liver wind and nourish the nervous system.
- According to TCM, abalone shell clears liver heat caused by circulatory impairments that affect vision.
- One study showed abalone visceral extract as having anti-tumor activity on various cancers, so research aligns with centuries of applications (Lee, et. al., 2010).

Multi-flowered Knotweed Stem Extract (*Polygonum multiflorum thunb.*)

10:1

10% Extractable Matter from the Whole Stem



- Listed in the official Chinese Pharmacopoeia, also known as He shou wu, and as Fo-ti in North America.
 - Growing amounts of pharmacological studies demonstrate its key benefits.
 - ❖ Helping to normalize liver and kidney functioning.
 - ❖ Normalizing blood sugar.
 - ❖ Maintaining healthy arteries.
 - ❖ Nerve health.
 - ❖ Healthy hair growth.
 - ❖ Anti-tumoral, antibacterial
 - ❖ Helping to normalize liver fat metabolism.
 - ❖ Helping to normalize sleep.
- (Bounda, 2015)

Mulberry Stem Extract (*Taxillus chinensis*)

10:1

10% Extractable Matter from the Whole Stem



- Common pinyin name: Sang ji sheng.
 - Contains a chemical compound known as avicularin, which inhibits a protein enzyme known as fatty acid synthase (FAS), and which enzyme regulates the production of fat.
 - Other compounds in the stem contain flavonoids and quercetin that also inhibit FAS.
 - A study found that these phytochemical compounds from the stem helped with weight loss in rats (Wang, et. al., 2008).
 - Flavonoids – a class of phenolic structures (phytonutrients) found in fruits, vegetables, whole grains, flowers, bark, roots, stems, tea and wine.
 - ❖ This large class of compounds demonstrate anti-cholinesterase activity, an enzyme important for nerve transmission
 - ❖ Also attenuates inflammatory enzymes such as cyclooxygenase-2 (COX-2), an enzyme present during injury or immune system malfunctions.
 - Quercetin – a flavonoid phytonutrient that has been shown to be antifungal, antibacterial, and antiviral by disrupting certain viruses' ability to replicate (Panche, et al., 2016).
 - Has been found to help inhibit viruses. (Pause video.)
- <https://www.sciencedirect.com/science/article/pii/S2225411016300554>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3942999/>
- According to the Australian government's Rural Industries Research and Development Corp. titled "*The Health Benefits of Traditional Chinese Plant Medicines: Weighing the scientific evidence*", acknowledged that the *Taxillus chinensis* has been used for centuries to strengthen the muscles and bones, maintain healthy joints against degenerative problems in various forms of arthritis, and help maintain normal blood pressure.
 - Other *Taxillus* mistletoe plants in the same family have been studied for their blood sugar balancing and blood pressure-regulating properties for healthy kidneys (Thomson, 2007).

Coconut Mushroom Fruiting Body Extract (*Poria cocos*)

10:1

10% Extractable Matter from the Whole Mushroom



- Edible medicinal fungus used in traditional Chinese medicine for over 2,000 years, known as “Fuling”.
- Contains an abundant amount of phytonutrients in the polysaccharide class of compounds known to be anti-tumor, immunomodulating, anti-inflammatory, antioxidant, anti-hepatitis (anti inflammatory in the liver), anti-diabetic, anti-hemorrhagic (excess bleeding) fever effects.
- An oral solution known as “Polysaccharidum of *Poria cocos*” was approved by the Chinese Food and Drug Administration for applications of chemo or radiation therapy in cancers, and for hepatitis (liver inflammation).
- Has been used for promoting urination, help the infection-fighting spleen function, and calm the mind.
- Contains important fatty acids and plant sterols (Li, 2019) (Akihisa, et. al., 2007).

Chinese Gutta-Percha Leaf Extract (*Eucommia ulmoides Oliv.*)

10:1

10% Extractable Matter from the Leaf



- Used traditionally for many ailments in Chinese, Japanese, Korean and other Asian cultures.
- Known as Du-zhong in Chinese, and Tuchong in Japanese.
- Extensive research of in vitro (petri dish) and in vivo (live subjects) studies on this botanical has resulted in isolating and identifying 112 different phytonutrient compounds with a wide range of pharmacological actions:
 - ❖ Normalizing hypertension (high blood pressure), which is regulated by the kidneys.
 - ❖ Assisting in fat metabolism and normalizing high blood lipids (triglycerides and other blood lipids or fats) and therefore helping with controlling obesity.
 - ❖ Bone health, helping to prevent osteoporosis.
 - ❖ Assisting in maintaining healthy brain function, preventing conditions that lead to Alzheimer's.
 - ❖ Helping the immune system to regulate appropriate defensive actions.
 - ❖ Helping to regulate and normalize blood sugar balance in diabetes.(He, et. al., 2013).

Indian Morning Star Extract (*Uncariae ramulus*)

10:1

10% Extractable Matter from the Whole Plant



- Chinese name: Gou Teng

In Chinese medicine, thousands of years of careful observation of effects, documentation and analysis, is in alignment with scientific analysis, both demonstrating and confirming the properties of the Indian Morning Star plant.

- Clears heat, indicated by modern life generating excess heat and stress chemicals like adrenaline and cortisol:
 - ❖ Headache
 - ❖ Vertigo
 - ❖ Fever
 - ❖ Red eyes
 - ❖ Irritability
- Expels wind, indicated by excessive flatulence, digestive problems:
 - ❖ Headache
 - ❖ Dizziness
- Extinguishes internal wind, indicated by liver energy, skin problems, and associated with aging such as joint pain, rigidity, nerve degeneration:
 - ❖ Headache
 - ❖ Dizziness
 - ❖ Tremor
 - ❖ Seizures
 - ❖ Irritability
 - ❖ Eclampsia (unexplained coma or new onset of convulsions)
- Settles tremors and convulsions.
- Antihypertensive (helps the kidneys attenuate high blood pressure) (Hempen, 2009).

Chinese Feverfew Extract (*Leonurus heterophyllus* Sweet)

10:1

10% Extractable Matter from the Whole Plant



- Chinese name: Yi Mu Cao (Phonetic: Eee moose how), also known as Chinese motherwort.
- The extract was found to be effective in inhibiting the growth of seven different types of cancer cell lines (Thomson, 2007)
- Has exhibited apoptotic activities by damaging the DNA of the cancer cells and causing their mitochondria (energy-producing organelles) to assist in their own self-destruction, particularly after those cells were exposed to the plant extracts for at least 48 hours. (Chinwala, et. al., 2003).
- Another study showed that *Leonurus heterophyllus* slowed hemorrhaging in postpartum women, with no changes in blood pressure or other side reactions. (Ning, n.d.)

Cyathula Root Extract (*Cyathula officinalis* Kuan)

10:1

10% Extractable Matter from the Root



- *Cyathula officinalis* Kuan is widely used in the clinics of China for correcting blood stasis.
- When unimpeded, normal blood flow allows for proper kidney function and improves liver circulation.
- Has been shown to have significant anticoagulant effects in vitro, allowing better blood flow in the circulatory system.
- Studies have shown that it improves blood rheology (circulation); reduces abnormal blood and blood plasma viscosity (blood's thickness or its inability to move properly throughout the body's circulation). This condition often occurs when one is chronically dehydrated.
- Contains anti-inflammatory properties, able to reduce levels of inflammatory proteins such as the enzyme cyclo-oxygenase 2 (COX-2) and others.
- Promotes activities of beneficial biochemicals such as SOD (superoxide dismutase), a class of enzymes in the body that prevent ROS (reactive oxygen species).

ROS are inflammatory free radicals (inflammatory enzymes and chemicals the body produces when under stress) that destroy healthy cells and disrupt normal cellular processes.

- Contains over forty phytonutrient compounds in the saponin classification, which are potent antioxidants that protect against scavenging free radical damages, and aid the immune system due to their antimicrobial properties (Cao, et. al., 2017).

- Contains phytoecdysteroids, plant sterols that have demonstrated liver protecting, immune protecting, and blood sugar attenuating or lowering effects (Bathori, 2008).
- Another study that confirms other studies concluded that have a positive effect on kidney functioning on lowering blood pressure, and averting the development of kidney malfunctions, atherosclerosis (hardening of the arteries), heart attack, heart failure or stroke (Jiajing, et. al., 2020).

Rose Root Extract (*Rhodiola rosea*)

Contains 5% Rosavin



- Also known as golden root or Arctic root since it grows in arctic and mountainous regions throughout Europe, America and Asia.
- Was recorded in the De Materia Medica as being used by the Greek physician Dioscorides in 77 B.C.
- Used for centuries in traditional medicine in Russia, Scandinavia and other countries for fatigue, depression, anemia, impotence, gastro-intestinal or GI tract ailments, infections, nervous system disorders, and maintain physical endurance, longevity and being more productive in work.
- Rhodiola has been recorded in scientific literature as early as 1725 by Sweden, Norway, France, Germany, and the Soviet Union.
- Since 1969, Russia has utilized Rhodiola for infectious illnesses, nerve conditions, mental health including improving memory and attention span, as well as fatigue.
- Officially registered in Sweden and Denmark as a general tonic, it is used to increase mental ability when working under stress.
- Classified as an adaptogen, which helps the body resist physical, chemical and biological stress.
- Protects muscles during exercise
- Contains antioxidant compounds known as phenylpropanoids, which include: rosavin, rosarin, rosidirin, phenylethanols, rhodiolosides, and flavonoids, triterpenes, monoterpenes, phenolic acids.

- The phenylpropanoid phytochemicals have shown a wide range of health benefits
 - ❖ Central nervous system stimulation and assists in producing mood-elevating biochemicals such as endorphins by acting on the cells' opioid receptor sites.
 - ❖ Anti-stress effects
 - ❖ Reduced mental fatigue
 - ❖ Prevention of high altitude sickness
 - ❖ Increased muscular strength
 - ❖ Cardioprotective
 - ❖ Anti-cancer
 - ❖ Helps adrenal, thyroid and thymus gland function, and with menopausal related issues due to the herb's ability to influence the various hormones produced by these glands
 - ❖ Shows promise in antitumor studies.
- (Bove, 2010) (Ishaque, 2012)

Sky Hemp Root Extract (*Gastrodia elata* BL.)

10:1

10% Extractable Matter from the Root



- Known in Chinese medicine as Tian ma.
- Ongoing reviews of many studies on this plant's root extracts have revealed an array of phytochemicals that demonstrate its possible anticonvulsant activity, and its candidacy for the development of anticonvulsant drugs (Matias, 2016).
- Considered to be a precious traditional Chinese herb since initially recorded in *Shen Nong's Herbal Classic* 2,000 years ago.
- Widely used in Asian clinics for headaches, epilepsy, dizziness, rheumatism, neuralgia and other nerve conditions, cramps, and high blood pressure.
- Research into *G. elata*'s active ingredients reveals it contains various compounds: gastrodin, parishin, phenolic compounds, and beta-sitosterol.
- Those phytochemical compounds have shown activity against headaches, high blood pressure, epilepsy, and degenerative nerve conditions.
- Contains polysaccharides, a class of phytochemical compounds renowned to have anticancer, antiviral, anti-osteoporosis, antioxidant, immune modulating, cardiovascular protective and neuroprotective activity.

(Zhu, et. al., 2019)

Yellow Berry Fruit Extract (*Gardenia florida*)

10:1

10% Extractable Matter from the Whole Plant



- The fruit is well known in Traditional Chinese Medicine for its bitter flavor and cold properties; therefore is used to relieve liver problems and abdominal pains.
- Has hepatoprotective (liver-protecting) properties.
- Has the following properties:
 - ❖ Anti-phlogistic – reducing fever, anti-inflammatory
 - ❖ Diuretic – increasing the passing of urine
 - ❖ Laxative – the softening of stools or stimulating bowel movement
 - ❖ Choleric – stimulates the production of bile for digesting fats)
 - ❖ Homeostatic – the state of biochemical balance in the body
- Contains carotenoids, the beneficial class of antioxidant phytochemical compounds that are the yellow, orange and red pigments of fruits and vegetables and crustaceans such as crab, crayfish, shrimp and lobster.
- The carotenoid beta-carotene is converted to retinol, (measured in microgram retinol equivalents), a form of vitamin A in the body.
- Studies suggest that the carotenoids lutein and zeaxanthin improve vision and slow the progression of age-related macular degeneration (AMD).
- More studies are needed to show lutein and zeaxanthin to be beneficial for other eye conditions such as cataracts, diabetic and aging retinopathy or blood vessel damage to the retina, the tissue at the back of the eye (Linus, 2021).
- Geniposide and crocins are also other pigments have been shown to exhibit free radical neutralizing activity, thereby protecting against liver damage (Chen, 2010)

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