

Ethno Health Products

Atractylodes 5 - Product Ingredients

Recipe: Bai Zhu Ze Xie Shan Zhu Yu



A Tonic to Strengthen “The Middle”

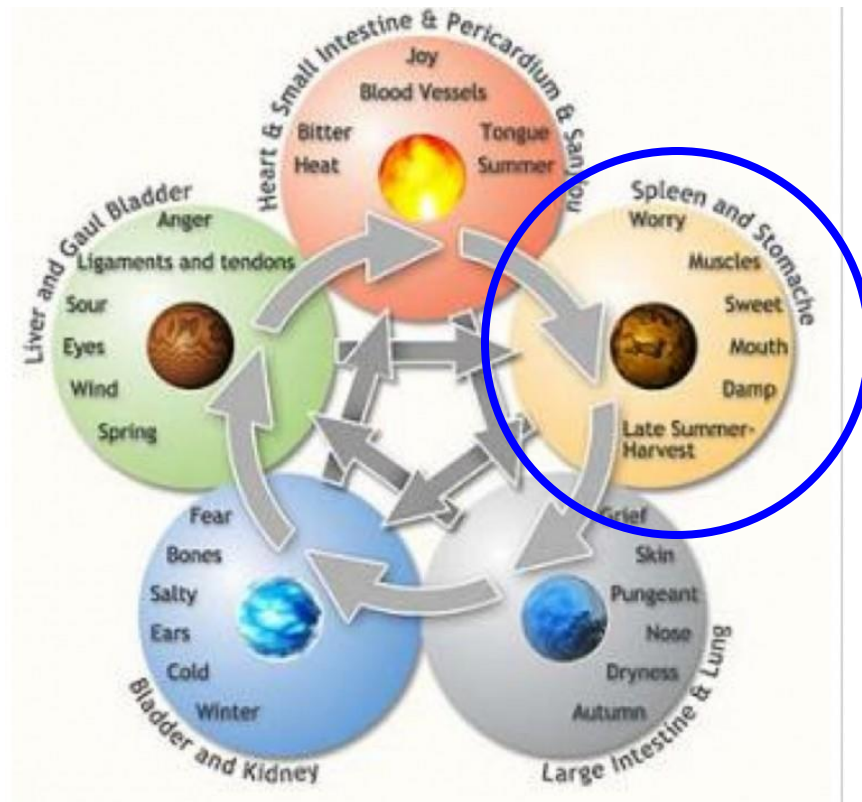


Photo: The Epoch Times

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***Atractylodes macrocephala* root extract 4:1**

Common name: Bai Zhu (Pronounced Buy` Zu)

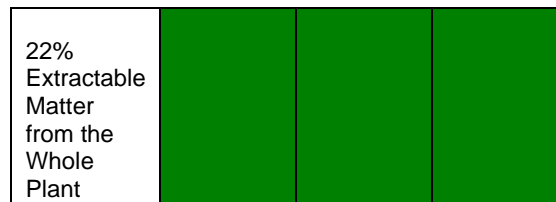


Photo:
Plants for a Future, 2021

This product contains 22% per cent of the extractable matter obtained from the whole herb.

This percentage is represented in the final extractions out of the *Atractylodes macrocephala* root.

4:1 Ratio = approximately 25%



- Bai Zhu is a tonic herb effective for protecting the digestive system.
- Contains glucoside, a bioflavonoid molecule bound to a sugar or carbohydrate such as lactose (milk sugar), fructose (sugar in fruit), and glucose (blood sugar). Flavonoids in plants are converted to bioflavonoids in the body, which are important for strong yet flexible blood vessels.
- Contains inulin, a fructan, a type of oligosaccharide; it is a molecular structure consisting of glucose blood sugar molecules, strung together. It's an important prebiotic for maintaining proper intestinal health.
- Strengthens the spleen, which removes old or damaged red blood cells.
- The spleen controls levels of red and white blood cells in the body, and contains platelets involved in blood clotting, which gather together during injuries or for damaged cells to stop bleeding. The spleen is a vital organ that contains white blood cells that are waiting to be activated to fight infections.
- The root has been found to be antibacterial.
- It is a tonic (restores, tones, invigorates), and a stomachic (promotes appetite, assists digestion).
- Is used when feeling gaseous, and for nausea and bloating.
- Helps regulate water; helps prevent water retention in the tissues (edema).
- Used for ridding diarrhea and returning stools to normal.

(Plants, 2021)

***Alisma orientale*, Oriental Frog Spoon Rootstock Extract 10: 1**

Common name: Ze Xie (Pronounced Zee` Shee-ay)

10:1 Ratio = 10%



10% Extractable Matter from the Whole Plant				

A literature review on the beneficial effects Ze Xie had on nonalcoholic fatty liver disease (NAFLD), and metabolic syndrome showed the following:

- Antisteatotic – aids the transport of lipids or fats out of the liver, inhibits stress chemicals such as reactive oxygen species or ROS that can damage the liver, and helps to reduce production of fat cells.
- Antioxidant – helps to prevent steatosis or fat accumulation in the liver, prevents progression toward fatty liver inflammation (steatohepatitis), prevents liver scarring or fibrosis.
- Hepatoprotective – lowers blood serum aspartate aminotransferase (AST) and alanine aminotransferase (ALT), which indicate liver injury from a high fat diet. Ze Xie has shown that it improves AST and ALT levels in blood serum.
- Hypolipidemic – shown to reduce high cholesterol overload in the liver (hypercholesterolemia), which results in fatty liver. An overload of cholesterol deposits in the liver activates inflammatory immune cells known as Kupffer cells.

Has been shown to reduce serum LDL levels in a high fat diet, which is linked to atherosclerosis or hardening of the arteries, while increasing HDL levels. Elevating HDL levels means protection against cardiovascular disease or diseases of the heart and blood vessels.

- Anti-obesity Activity – has been shown to reduce the production of fat cells (adipocytes) due to its ability to help improve how the body utilizes fats. *A. orientale* showed decreased fat mass in the abdomen area in dieters.
- Hypoglycemic Activity – has been shown to reduce serum glucose levels and help prevent insulin resistance in diabetics, help control blood sugar levels after meals, and prevent excess glucose production in the liver.
- Ze Xie (*A. orientale*) has been identified as having approximately 120 phytonutrient compounds so far, with multiple, pan-systemic properties: sesquiterpenes, triterpenes, diterpenes, flavonoids, alkaloids, phytosterols, essential fatty acids, and resins (Choi, et. al., 2019).

***Cornus officinalis*, Asian Cornel Cherry Fruit Extract 4: 1**

Common name: Shan Zhu Yu (Pronounced Shan Zu Yu)



4:1 Ratio = 1/4th the whole plant = 25%

25% Extractable Matter			
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- Shan Zhu Yu has been used for at least 2,000 years in Chinese herbal medicine.
- In Chinese medicine, it is known for “stabilizing and binding”.
- Used mainly to reduce heavy menses, and excessive sweating.
- Used by Chinese medicine for regulating normal flow of urine and other secretions such as involuntary loss of semen or premature ejaculation.
- To balance bodily fluids, it is, therefore, normally used in combination with other herbs
- The fruit is antibacterial, antifungal, hypotensive (anti-hypertensive), antitumor, astringent (tone or constrict or shrink), diuretic, hepatic and tonic (restore, tone, invigorate).
- A fruit decoction has been used for arthritis, fever, senile lumbago (deterioration of muscles and joints of the lower back), diabetes, cystitis (inflammation of the bladder), tinnitus (ringing in the ears).
- The fruit has been shown to be effective against *Bacillus dysenteriae* (bacteria that causes blood in the stools and abdominal cramping, fever, diarrhea)
- The fruit is also effective against the *Staphylococcus*, the bacteria that is normally found on the skin and nose. If it invades deeper areas inside the body such as bloodstream, bones, heart or lungs, it can be life-threatening.
- The stem bark is known to be effective against malaria.
(Plants, 2021)

Inulin (from chicory) – a classification of a type of fiber called fructans formed in plants as polysaccharides or fructooligosaccharides (FOS), and usually found in roots or rhizomes. Rhizomes send out roots and shoots from their stems underground.

Inulin, a prebiotic found in asparagus, chicory, Jerusalem artichokes, leeks, garlic, wheat, and soybeans has been found to maintain healthy gastrointestinal microbiota or aerobic (oxygen-loving) bacteria. Inulin helps grow beneficial bacteria such as *Lactobacilli* and *Bifidobacteria*, which help reduce inflammation in the GI (gastrointestinal) tract, reduce bowel irritation and relieve constipation.

Decreased levels of the above beneficial bacteria and others in the intestines have been associated with the development of allergies as early as five years of age, and other inflammatory conditions besides allergic problems of the skin and respiratory system (Carlson, et. al., 2018).

Calcium Lactate – a type of calcium supplement, although by itself is not a high dose of calcium, so is added to calcium supplements or other types of supplements.

Natural flavors – are derived from plant or animal materials, whereas synthetic flavors are created in a lab from petroleum products. Recent changes in the FDA guidelines regarding labeling of products are that making distinctions between natural and synthetic flavors will no longer be required because they have not defined what “natural” means.

Manufacturers are not required to disclose the presence of “incidental additives” in their flavors on food labels. In a synthetic flavoring, manufacturers are allowed to use natural solvents such as ethanol, or synthetic solvents such as propylene glycol or flavors from genetically engineered crops. Such additives are not allowed in natural flavors in organic foods. In any food other than organic, other synthetics such as benzoic acid, polysorbate 80, BHT and BHA are also allowed (Andrews, n.d.)

DL- alpha-tocopheryl acetate – is part of a large class of organic compounds of natural vitamin E. It is also known as a-tocopherol acetic acid or D-vitamin e acetate. There are other forms of vitamin E that occur naturally in various plants, with varying levels of activity in the body. These include alpha-, beta-, gamma-, delta-tocopherols, and also alpha-, beta-, gamma-, and delta-tocotrienols. Extensive studies have shown tocopheryl acetate, tocopherol, and tocopheryl succinate to modulate or minimize cancer or tumor causing agents (American, 2002).

L-ascorbic acid – a form of vitamin C that is derived from natural sources such as fruit. Vitamin C aids in activating the body’s enzymes, which stimulate every bodily process into action. Vitamin C also is an effective antioxidant against damaging free radicals and is important for aiding immune function, both of which prevents some cancers. Vitamin C is also known to protect against respiratory tract infections, and helps prevent cardiovascular diseases. Ascorbic acid, however, is made in a laboratory and derived from genetically modified (GMO) corn (Schlueter, 2011).

Metabolic Syndrome, Linked to Obesity and Inactivity

- A group of health conditions that occur together, which include increased blood pressure, high glucose levels (high blood sugar), abnormal triglyceride and/or cholesterol levels, and excess body fat around the waist.
- Metabolic syndrome increases the risk of type 2 diabetes, heart and blood vessel disease and stroke.
- 33% of adults now have metabolic syndrome.
- Signs of diabetes include increased thirst, urination, fatigue, and experiencing blurred vision. One may experience insulin resistance, where the pancreas secretes more and more of the hormone insulin but the cells don't respond and cannot uptake glucose out of the bloodstream.

Risk Factors Increasing the Chances of Acquiring Metabolic Syndrome

- Risk increases with age.
- History of diabetes during pregnancy, or family history of type 2 diabetes.
- History of nonalcoholic fatty liver disease, sleep apnea, or polycystic syndrome, which is caused by hormonal disorder and small cysts that form around the edges of the tissues inside of the ovaries.
- Obesity, especially if carrying too much weight around the abdomen.

How to Prevent and Reverse Metabolic Syndrome

- Committing to a lifelong healthy lifestyle.
- At least 30 minutes of fitness activities almost every day to maintain a healthy weight.
- Choosing whole foods from every category.
- Reducing fats and excess salt in your daily food intake.
- Eliminate smoking, and alcohol abuse.

(Mayo, 2021)

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