

# BONE, JOINT & MUSCLE HEALTH

## PHARMACY ESSENTIALS


### SUMMARY

A collection of formulas to promote musculoskeletal wellness and alleviate pain in the joints

### CONTACT

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### ITEMS

#### Single Herbs

##### HU ZHANG - BUSHY KNOTWEED RHIZOME

Clears heat, resolves toxins, alleviates wind, disperses stasis, and alleviates pain. Typically used for joint pain and soft tissue injury.

##### GU SUI BU - DRYNARIA RHIZOME

Supplements the kidneys, strengthens the bones and increases bone density, supporting injuries. Used for healing and relieving pain.

##### XUE JIE - DRAGON'S BLOOD SAP

Invigorates blood, promotes circulation, disperses stasis. Famously used for alleviating bleeding and supporting recovery for martial arts and soft tissue injuries.

##### SAN QI - NOTOGINSENG ROOT

Alleviates bleeding, disperses blood, and reduces bone, joint, and soft tissue pain. Renowned in Chinese Medical practice for its many blood benefits.

#### Formulas

##### DANG GUI SI NI TANG - DANG GUI FOUR DECOCTION

This formula is designed to warm the Channels, disperse cold, nourish the blood, and remove blood stasis. Used for blood deficiency and cold syndrome with cold hands and feet, or pain in the waist, thighs, legs, feet, shoulders, and arms.

##### DU HUO JI SHENG TANG - ANGELICA & MISTLETOE COMBINATION

Traditionally used for Bi Syndrome with kidney and liver deficiency, Bi Syndrome with qi and blood deficiency, invasion of the muscles and bones by wind-cold-damp, and atrophy disorder.

##### JUAN BI TANG - REMITTING BI DECOCTION

Used in TCM for wind-cold-damp qi, muscular atrophy due to qi and blood stagnation, and joint pain obstruction due to qi and blood stagnation.

##### SHEN TONG ZHU YU TANG - CNIDIUM & NOTOPTERYGIUM COMBINATION

Focuses on supporting recovery after painful obstruction due to qi and blood stagnation in joint and muscles.



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