

FERTILITY SUPPORT

PHARMACY ESSENTIALS


SUMMARY

A collection of formulas compiled by Dr. Ann Wang to support fertility and regulate the system. Formulas for both Female and Male Fertility are featured.

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FORMULAS

Female Fertility

BA ZHEN TANG

Balances the Qi and aids in blood deficiency. Used 3-6 months ahead of pregnancy.

CHU LUAN FANG

Tonifies the Kidney and Liver, replenishes the Jing and Blood to support a healthy ovarian flow. Used 3-6 months ahead of pregnancy, stop after positive pregnancy.

XIAO LIU TANG

Removes Blood stagnation, open the Chong and Ren Channels to support the body loosening the tubes and reducing obstruction. Used 1-3 months ahead of pregnancy, stop upon positive pregnancy, efficacy improved by adding leafy greens to diet.

XIAO YAO WAN

Regulate Liver Qi, stabilizes emotion and promotes relaxation, promoting fertility. Used 1-3 months ahead of conception. Discontinue use during menstruation if menses is heavy.

YU LIN FANG

Boosts Kidney Yang and Qi, regulates blood flow, and balances the Chong and Ren Channels. Used 3 months before conception, stop after positive pregnancy.

YU TAI WAN

Tonifies and replenishes Qi, manages Kidney and Qi deficiency. Used 3-6 Months before conception and throughout first trimester, stopping at second.

Male Fertility

HUAN SHAO DAN

Tonifies the Spleen and Kidneys, nourishes the Heart, and assists with the other basic elements of Male Fertility. Used 3-6 months ahead of pregnancy.

WU ZI YAN ZONG WAN

Tonifies the Kidneys, nourishes and astringes Jing, benefits and tonifies kidney Yang and Blood. Used 3 months before conception.

ZAN YU FANG (FOR MEN)

Nourishes the Kidney, replenishing essence, and strengthens blood to build energy and reproductive fluids. Used 3 months before conception, discontinue tobacco, caffeine, and other stimulants while using.



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