

# Circulate

***Supports periphery blood flow and breast health. ∞***

***Traditionally used to warm cold limbs and support healthy breast tissue. ∞***

This formula is described as being a remedy to Jue Yin imbalance, the deepest layer of the body. Jue Yin imbalance is a pattern that has built slowly over time and settled into place, affecting the blood. This formula is described in its source text as a gentle, but powerful formula designed to warm the affected organs, encourage increased blood volume and blood circulation. This is accomplished by strengthening the fire of *yang* in the body, returning its capability to rebalance and clear out accumulations of *yin*.

We use the terms *yin* and *yang* to describe opposing forces in the body, often thought of simply as hot (*yang*) and cold (*yin*), these terms have a much wider application. A palpable accumulation in the body is considered *yin* in nature because it is slow to move, or immovable, the result of a gradual build up. You can think of this like a stuck log in a rushing river that over time amasses more debris until it is finally a dam, blocking the flow of the river all together. This, of course creates the cycle that *yang* cannot flow into the area, and so the area becomes more *yin* as time passes. We think of *yin* as dense, cold, solid, physical, and still while its opposing force, *yang*, is an expansive, hot, immaterial force that generates movement. Put another way, using the example of your body, what you can see and touch, the physical form and structure, is *yin*, and the movement of and within your body, is *yang*. Both are essential in proper collaboration for good health.

*Yin* and *yang* are both a type of qi or energy. In this pattern, we see that qi is blocked to a degree that yin and yang are barely interacting. Blood is also deficient, meaning that blood volume is low, or blood is lacking the nutrient density it needs to effectively nourish the body. The nature of this widespread deficiency in the body is chronic and has built up over time for most people. In long term patterns of stasis like this, *yang* will be worn down and begin to weaken, it will “stop trying” to enter into the spaces now ruled by *yin* accumulations. This is now yang and blood are now deficient to the degree that blood flow is impeded by the congelation of cold. Due to inadequate yang, the extremities are unable to be warmed and nourished. Over time this lack of warmth in the extremities allows cold to constrict blood flow.

Chinese medicine teaches that congealed blood can lead to yin masses within the body, often described as cysts, fibroids, and tumors. It is also possible to see this pattern without overt yin masses, but simply yin accumulation that might look like swelling, extreme cold, or discoloration from blood stasis (purple fingernails, varicose vein clusters etc.), and pain.

Because yang is generated in the center of the body and should move out from there, the periphery of the body will become affected first when yang is weak. This not only includes the arms and legs, but also the breasts and sometimes external genitalia. For this reason, this formula is very good for supporting breast health and is traditionally used to revitalize and soften breast tissue.

The base formula works by gently warming the congealed cold and allowing yang to unblock the channels and affected areas. As the fire of yang is stoked, freely flowing yang qi can move throughout the system, providing each organ the energy to perform its necessary tasks. The spleen can begin assimilating the nutrients we eat and transforming them into blood and qi. The liver can once more hold and detoxify the blood. The organ systems and pathways related to the liver (liver channel, gallbladder channel) can move freely once again. And as the kidneys are warmed, they help to anchor *yang* in the abdominal organs keeping them strong, breaking the cycle of deficiency and stasis. This can return a sense of vitality and strength to the body.

We’ve added four additional, herbs traditionally used by Chinese Medicine to facilitate the breakdown of *yin* accumulation, move qi stagnation, and help direct the effects of this formula to the breast tissue.

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**Imbalance addressed:** Yin reversal/ cold counter-flow pattern from blood deficiency and congealed cold, liver cold, stagnation of liver qi, Jue Yin pattern

**Formula Action:** unblock blood vessels by warming channels, nourish the blood, disperse cold, move liver qi

**Base formula:** Dang Gui Si Ni Tang (Angelica Counter-flow Cold Decoction)

**Ingredients\*:** *Dang gui, Bai shao, Gui zhi, Zhi gan cao, Xi xin, Da zao, Mu tong (angelica, inner bark of white peony root, cinnamon, honey stir-fried licorice root, wild ginger, jujube, akebia)*

**Additional, symptomatic herbs:** *yu jin, wa leng zi, xiang fu, chao mai ya (curcuma tuber, ark shell, cyperus, barley sprout)*

**Source Text(s):** Shang Han Lun (Treatise on Cold Damage)

**Additional ingredients:** Filtered water, Non-GMO cane sugar alcohol

\*Organic, Non-GMO herbs are used whenever available, all herbs used undergo laboratory testing to ensure they are free from possible impurities or contaminants.

∞*These statements have not been evaluated by the Food and Drug Administration. The information in this article is for educational purposes only. This product is not intended to diagnose, treat, cure, or prevent any disease.*

