

# Clear Headed

*Supports relaxation and comfortable qi flow through the neck and head. ∞*

*Traditionally used to move blocked qi or energy in the neck and head causing discomfort. ∞*

Chinese medicine recognizes a particular imbalance, called Shao Yang disorder, that creates a sense of feeling “almost sick or flu-ish” will come and go throughout the day, or might leave for a few days and then come back, possibly accompanied by alternately feeling uncomfortably hot and cold. You might feel very run down, have blurry or “dizzy vision”, a bit of a sore throat, feel pressure or tightness in the rib cage area, or even a bit of nausea. Often, this type of stagnation in the body will create emotional depression, fatigue and complacency over time. This is often described as a sense of “feeling stuck”. The gallbladder channel is the primary channel involved in this imbalance. The Gallbladder channel runs along the whole side body, from the outside corner of the eye, through the temple, zig zags around the ear and side of the head, down the side of the torso and rib cage, into the hips and glute area, down the outside of the leg and into the 4<sup>th</sup> toe. General stiffness or pain along this area can be associated with Shao Yang disorder and improper circulation of this part or channel of the body.

This classical formula Xiao Chai Hu Tang is classified in the Shang Han Lun as having a harmonizing effect on the body, because the Shao Yang layer stagnation cannot be simply released through the surface of the body via sweating, nor purged through the bowels or urination, as some other imbalances can. If you can think of the body in terms of layers, imagine a surface and an interior layer that each have their own evacuation routes (surface: pores sweat and interior: bowels purge) when there is a stagnation. The layer we are working with now is in-between those two and pivots between, communicating with each of those other layers for optimal health. Because of its unique role of pivoting in the body, it is critical that the blood and energy in this layer of the body circulate freely. When they do not it tends to create powerfully uncomfortable symptoms. For this reason the source text suggests herbal formulae it classifies as gently harmonizing, blood and qi (energy) moving, soothing to the inflammatory process that comes with stagnation, and thereby pain relieving.

We’ve added four additional herbs to the Classical base formula to focus its effects on easing the symptoms of Shao Yang disorder in the upper body. Specifically, targeted herbs guide this formula’s action to first moving the stagnation in the upper Gallbladder channel that tends to create head pain while also treating the underlying imbalance over time. For many people, a headache can be the first symptom of a larger imbalance beginning in the Shao Yang layer of the body. Even in the absence of other symptoms, if you notice a headache or shadow of a migraine creeping in, this formula can be used to support the body’s ability to rebalance before it gets you down.

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**Base formula:** Xiao Chai Hu Tang (Minor Bupleurum Decoction)

**Ingredients\*:** Chai Hu, Huang Qin, Ren Shen, Ban Xia, Sheng Jiang, Zhi Gan Cao, Da Zao (Chinese thoroughwax root, Baikal skullcap root, pinellia rhizome, fresh ginger root, honey stir-fried licorice root, jujube fruit)

**Additional, symptomatic herbs:** Chuan Xiong, Gou Teng, Jiang Can, Bai fu zi (Chinese lovage root, gambir root, bombycis, typhonium tuber)

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

**Imbalance addressed:** Shao Yang (Lesser Yang Disorder)

**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.*