

Cycle

Supports pelvic and menstrual health and balance. Traditionally used to clear pelvic congestion and promote comfortable, healthy cycles and fertility. ∞

This formula encompasses two common patterns of imbalance within the biological female reproductive system and focuses primarily on the lower abdomen.

The first pattern, as described in Chinese Medicine teachings, shows up due to a weak spleen, or earth element. When the spleen is exhausted it cannot properly build blood from the food that we consume. Secondly, the spleen is unable to assist fluid movement through the body and lymphatic system. This will create a pattern of blood deficiency and subsequent tight, crampy tissue in the abdomen as the earth element dries out. The spleen weakness also creates fluid stagnation, which we call dampness, on top of all that tightness. This can cause a person to feel tired, physically tight, crampy or painful in addition to bloated and swollen. The blood deficiency creates a dryness in the body that might show up as dry hair and skin, brittle nails, spasmodic muscles, fatigue, insomnia, generalized abdominal pain. Because there is an old fluid accumulation on top of this due to the spleen's inability to transform fluid, there might be a difficulty urinating, edema, heaviness or foggy headedness as well. The abdominal muscles and organs cannot absorb this kind of stagnant fluid because the spleen has not transformed it into healthy body fluid that can be used.

Chinese medicine regards the liver as being the holding tank for blood when the body is at rest. It stores and filters blood when the body is not active, and when there is a demand for blood to certain areas in the body (like during exercise, or menstruation), the liver makes sure it gets there. As such, the liver has a very important role to the menstrual cycle and reproductive organs. When the body is general lacking good blood volume, the liver suffers quickly, becoming tense and dry as well. The classical formula Dang Gui Shao Yao San is described in the source text to correct this pattern by nourishing the spleen and supporting fluid metabolism, fortifying and circulating blood, and softening the liver and abdominal (earth) tissue.

The second pattern is similar but with the presence of cold and further dampness that has accumulated. The hallmark signs of this pattern are masses or accumulation of tissue in the lower abdomen. These masses begin as a result of accumulated blood and body fluid that over time becomes more compact. Ultimately one might find masses within the uterus, on the ovaries, or within the abdominal cavity. The combination of static blood and body fluid influenced by the contracting nature of cold creates this disharmony over time. The classical formula Gui Zhi Fu Ling Wan is described in the source text to warm and relax the tissue, increase healthy blood flow to the abdomen, and gently dissolve accumulation. It also helps to restore fluid metabolism and healthy blood circulation to prevent these accumulation in the future.

By correcting these imbalances, the liver, spleen and reproductive organs are able to work in harmony, without obstruction. This allows the uterus to collect appropriate amounts of endometrium, or uterine lining, to be shed with the monthly period. This also allows the uterus to contract mildly to stimulate the shedding of endometrium without producing the debilitating cramping pain to which so many uterus-havers are accustomed. This common, but not normal, uterine pain is due to a build-up of old blood and fluid in the uterus and the presence of cold. Chinese Medicine asserts that when the uterus is too cold, it is very easy for it to contract and cramp with painful aggression, which becomes necessary when the uterine lining is stuck and too dense for it to easily move. Often along with this we see thick, clotted, or dark colored menstrual blood, rather than the healthy red blood-flow that clears out easily.

Uncomfortable premenstrual symptoms can be softened by nourishing the blood and supporting the function of the liver and spleen, according to the principles of Chinese medicine. The liver is in charge of many processes in the body that can feed PMS: anger, irritability, tearfulness, and breast fullness are produced when the liver is dry or its energy

can't move. This is made worse when the spleen is weak and seeking energy by creating cravings for sweets. Bloating is often seen due to the spleen's inability to transform dampness.

Additionally we've brought in the use of Tian Xiong San, a formula classically used to fortify the body's *yang*. The herbs used here work together to support the body's temperature/heat and to direct it through the bloodstream into the lower abdomen. Here the *yang* warms the reproductive system, keeps blood and body fluid moving appropriately, and allows for a fertile, comfortable and functional system.

Imbalance addressed: blood stasis, deficiency taxation, blood deficiency, internal cold, damp accumulation in lower burner, liver/spleen disharmony

Formula Action: warm the channels, enrich blood, transform blood stasis, clear lower burner dampness, soothe the liver, promote fluid metabolism, and soften masses

Base formula: Dang Gui Shao Yao San + Gui Zhi Fu Ling Wan + Tian Xiong San (Peony and Angelica Powder + Cinnamon and Poria Pill + Tian Xiong Powder)

Ingredients*: *Bai shao, chuan xiong, bai zhu, fu ling, ze xie, dang gui, gui zhi, mu dan pi, tao ren, fu zi, long gu (white peony root, Chinese lovage root, atractylodes root, poria mushroom, alisma root, dong-quai root, cinnamon twig, peony tree bark, persica seed, prepared detoxified aconite, draconis os mineral)*

Additional, symptomatic herbs: Xi Xin (wild ginger root), Xiang Fu (cyperus rhizome)

Source Text(s): Jin Gui Yao Lue (Essential Prescriptions of the Golden Cabinet)

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

*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.*

