

Nourish

Supports digestive power for those with sensitive systems. Traditionally used to gently warm the digestive fire to encourage nutrient absorption and comfort. ∞

Chinese Medicine frequently seeks to remedy an imbalance referred to as “vacuity”, which describes the state of deficiency in one particular organ system, or a generalized state deficiency in the body as a whole. When we discuss vacuity, we are describing a type of exhaustion of energy that has caused a diminished function in the body.

The source texts describe the formulas that make up *Nourish* as useful for a constitutional “interior vacuity” that gives rise to symptoms such as palpitations, feeling uncomfortably flushed in the upper body, fatigue and agitation. Chinese Medicine looks at this as a digestive issue because the spleen is the root of this imbalance. When the spleen is vacuous or exhausted of energy it cannot perform its job of assimilating nutrients from the food that we eat. A healthy, strong spleen assimilates nutrients from our food, transforming them into blood and qi (energy). Additionally, the spleen transports this nutrient dense fluid throughout the body. In the case of spleen vacuity we might see signs of difficulty digesting certain (or all) foods and mild malnutrition, but over time we also begin to see signs of blood deficiency. Inadequate volume of blood will over-tax the heart’s energy: this is where the heart palpitations come in.

This particular pattern is made worse by the contraction of a common cold or flu, because the already weakened body (heart and spleen) now has to use its limited resources to send energy to fight off a pathogen at the surface, leaving the interior of the body even more vacuous. Body heat moves through the system via blood flow. When we are blood deficient healthy body heat tends to be low, leaving one feeling cold often but easily over heated with exertion or emotional upset.

This uncomfortable over-heating often goes hand-in-hand with inflammation that might result from a food sensitivity. When the body lacks good moisture, via blood or body fluid, and heat is generated, it tends to overwhelm the system like a raging fire started by a single match in a dry field. If this field were adequately watered, it would not ignite to the same degree. By restoring healthy moisture to the system, we can seek to prevent this overly reactive heat.

This formula gently fortifies the center by warming and supporting the spleen. It also acts to harmonize qi and blood circulation. We have paired this with a second formula that is described in the source texts as warming spleen and kidney vacuity-cold. By warming the kidneys with these herbs we are using the concept of strengthening the kidneys to anchor yang (heat) in the lower body. This formula not only helps to strengthen the spleen qi but works to anchor yang in the digestive organs, supporting strong digestive power. When the spleen becomes revitalized and is able to assimilate and transform the nutrients we consume into blood and body fluid, they are then circulated throughout the system. As this happens, the body is able to rebalance and break this cycle on its own, leaving it with a sense of returned strength and digestive power.

Imbalance addressed: Spleen-Stomach vacuity-cold, spleen-kidney vacuity-cold

Formula Action: fortify center qi, support transforming and transporting function of spleen, bolster blood and qi, relax tension, regulate yin and yang

Base formula: Xiao Jian Zhong Tang + Tian Xiong San (Minor Center Fortifying Decoction + Tian Xiong Powder)

Ingredients*: *Zhi fu zi, bai zhu, gui zhi, long gu, bai shao, da zao, zhi gan cao, gan jiang, ren shen, yi tang* (prepared detoxified aconite rhizome, *atractylodes* root, *draconis os* mineral, white peony root, honey stir-fried licorice root, dried ginger root, ginseng root, barley malt sugar)

Source Text(s): [Jin Gui Yao Lue](#) (Essential Prescriptions of the Golden Cabinet), [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.*