

ROOT AND BONES

Ancient Wisdom for
Modern Wellness



*Approaching Traditional Chinese Medicine
In a Modern Age*

The Essentials v.i

*“To be skilled at nurturing
one’s nature is to treat disease
before it arises” – Sun Si Miao,
‘Essential prescription Worth A
Thousand Gold’*

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Traditional Chinese Medicine (TCM) can be aptly understood as the art of radiant health – a state of optimal well-being and vitality cultivated by balancing the physical, emotional, and mental bodies. This comprehensive system of medicine is a living tradition built upon three thousand years of embodied practice, passing from generation to generation, and is increasingly substantiated by scientific research in modern times. TCM as a whole reflects a deep understanding of nature’s laws, as well as the recognition of how intimately we are governed by these laws, guiding us to realign our lives with these fundamental energetic principles. Thus, the goal of TCM goes far beyond treating specific symptoms and instead teaches how to holistically (re)claim the highest quality of life imaginable.

You may be wondering how one could possibly measure or evaluate radiant health, and the answer lies in one of the true pillars of TCM: adaptability. When we are able to weather life’s inevitable storms, to evolve through stress as our ancestors did, and to maintain our

inner balance in the face of external factors, we are far less susceptible to illness. The resilience born of this capacity is precisely why adaptability is a crucial element of the Chinese imagining of preventive medicine as primary care.

Gratefully, the capacity for adaptability is one that can be nurtured. One of the greatest ways to support radiant health is by integrating Chinese tonic herbs, into our daily lives. *The herbs in this category are qualified by the following characteristics:*

- Safety for almost everyone, as these herbs are essentially foods
- Appropriate for regular, long-term use
- The ability to establish and maintain homeostasis through a regulating action
- Promoting resilience by enhancing the capacity for adaptability
- Supporting balance on the emotional and psychic levels for spiritual health
- The promotion of vitality and longevity

Tonic herbalism is everyday herbalism. Consistency is key, and benefits build over time. As master herbalist and TCM expert Ron Teeguarden teaches, this form of herbalism helps us break vicious cycles whereby one problem leads to another. Instead, it facilitates a cascade of healing, which points to the interconnectedness of every aspect of a person, highlighting the holistic nature of TCM. While capable of supporting people struggling with specific health issues, the focus here is not on curing disease, but on nourishment, fortifying our innate capacity for radiant health, facilitating the perfect harmony of mind-body-spirit as the ultimate defense.



Tonic herbs have the power to facilitate a cascade of healing by supporting harmony, vitality, and longevity through a diverse range of actions, including: balancing excess, relieving stagnation, supporting immune function, and nourishing intracellularly with bioavailable nutrient density. However, there is a special class of herbs within the tonic herb category that has gained immense popularity in recent times: the adaptogens. These herbs work by activating the body's nonspecific stress response via the HPA axis and sympathetic-adrenal system.

Adaptogens and tonic herbs have significant overlap when it comes to their actions and qualifications, like being non-toxic and functioning through a regulatory, harmonizing action to restore homeostasis. Still, not every tonic herb is an adaptogen; what really sets the adaptogens apart is their bidirectional effect on physiological function. According to Winston and Maimes, authors of *Adaptogens: Herbs for Strength, Stamina, and Stress Relief*, “this is very unique and has led some observers to declare that adaptogens have ‘intelligence.’” Essentially, bidirectional means that the herb's constituents will perform as needed in order to help restore the stressed physiological conditions to a normalized state – capable of either toning down hyperactive systems or stimulating hypoactive systems. This modulating action helps the body adapt to stress, supports balanced metabolic function, and helps restore whole-body harmony. However, the tonic herbs are likewise distinguished by their ability to support the body's optimal functioning rather than force physiologic activity in strictly one direction, but adaptogens take this action one step further.

The Chinese tonic herbs have long been considered to be “spiritual growth herbs” by Daoist and Zen Buddhist masters precisely because of their support in helping us evolve through extremely stressful conditions, enhancing our ability to not only overcome our challenges but to also extract the wisdom from our experiences.

Sourcing

Di Tao is a concept that refers to the superiority of herbs and mushrooms that are sourced from their “spiritual homeland,” understanding that habitat and growing conditions play a crucial role in activating the constituents of an herb. For example, you can’t expect the same benefit from a mushroom that cultivated its own resilience and life force by adapting to cold winters, finding ways to thrive in high altitudes, and receiving nourishment from pure, living waters vs. one that was grown indoors, on grain housed in a plastic bag, and under artificial light. The resilience that wild mushroom holds is then available to be shared with you, and it’s wise to remember that it’s only in the past few decades that our diets have not included wild foods. We source our herbs from their spiritual homelands, where they are honored and intimately tended according to traditions that simply don’t exist in much of the West. The resulting potency makes a world of difference when it comes to the efficacy of an herb’s intended benefit for you.

Sustainable Wildcrafting

Di Tao helps explain the benefits of herbs that are at least semi-wild and intimately tended within an intact tradition, but as herbs have become trendy, there is justified concern that the demand for certain herbs and mushrooms is leading to wildcrafting on a scale that can cause them to become endangered. Over-harvesting is a real issue in some cases, and there have been times when trying to obtain an herb that one of our very trusted, direct sources made us aware that it was endangered and therefore unavailable. This is why we, for example, share the *Rhodiola Crenulata* species instead of *Rhodiola Rosea*, as the latter is at risk of becoming over-harvested and endangered.

Bioavailability

How herbs are grown, gathered, dried, stored, and prepared is crucial to their efficacy. All of our offerings are processed according to best practices for each individual herb/ingredient to ensure optimal potency and bioavailability. Our bodies can only translate certain types of nutrients from organic substances when there are indigestible “walls” or enzymes that naturally occur. Everything we share with you is pre-extracted, whether that’s the “cracked cell” wall processing required for Reishi Spores or Pine Pollen so that our bodies can properly absorb them, or the levigation technology utilized to produce our nano sized Pearl Powder so that it’s easily assimilable. Beyond that, look for a ratio like “10:1” which indicates that 10g of the raw material is concentrated into 1g of the herbal extract we’re sharing with you!



Warrior

Specifically formulated to support men in being well-resourced to embody their full power, this proprietary blend exclusively contains potent extracts of: Red Korean Ginseng, Epimedium, Deer Antler Velvet, Eucommia, Polyrachis Ant, Peruvian Maca, Cordyceps, and Tribulus Terrestris. Supportive for overall health, athletic vigor, physical endurance, and sexual health, Warrior offers comprehensive nourishment to empower balanced Yang energy and robust Jing for longevity and physical vitality. With adaptogenic and immunomodulating herbs, this formula minimizes susceptibility to the experience of stress on every level, while also fortifying one's natural defenses, including the Wei Qi.

Importantly, it offers comprehensive cardiovascular support with synergistic herbal pairings that promote a bi-directional, harmonizing effect on blood pressure. With robust, multi-directional reproductive support, Warrior also supports male fertility, increased testosterone and sperm levels, enhanced sexual function, healthy libido, and hormonal balance. It improves cognitive function, nourishes the nervous system, and helps prevent fatigue and injury, while also supporting recovery from illness or overexertion.





Hibiscus Rose Mocktail

Yin-Nourishing

Ingredients:

2 tbsp Hibiscus flowers
Juice of 3-4 blood oranges
1 tsp Rose extract powder
Drizzle of honey
 $\frac{1}{2}$ thumb grated ginger
Big swig of sparkling water
 $\frac{1}{2}$ cup ice

Add the hibiscus half a cup of boiled water and let it sit for at least 10 minutes. Strain the tea into a glass and add freshly grated ginger, along with a drizzle of honey (about $\frac{1}{2}$ – 1 tsp depending on your sweet tooth), and the Rose extract powder. Use a handheld frother to integrate the mixture thoroughly (or throw it into a blender), then add the ice and blood orange juice. Top off with sparkling water and enjoy!

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