BLOOD REGENERATING TONIC

INFORMATION BOOKLET

THE FORGOTTEN FOODS...
Remembered
Let's face it; the food we buy in the supermarket is the weakest food available. Regular foods do not provide enough nutrients to maintain a continuous state of health. They must be supplemented by stronger foods and herbal foods, hence, **FORGOTTEN FOODS**. The selections at your local markets are very very limited if one considers the varieties of food actually available in the world. For example, Ginseng and Rhodiola are very strong foods. They grow in cold and harsh mountainous regions, yet they can survive for hundreds of years. *Imagine what such great resilience and vitality could do for your body.* In sharp contrast, a carrot grows only in temperate climates and its lifespan is about three months. If you do not unearth it within three months, it will decay and disappear. Herbs, **FORGOTTEN FOODS**, give everlasting strength, whereas regular foods give only temporary strength.

With the advent of the phytonutrient revolution, it is becoming more and more clear that the most powerful and wonderful treasures relating to our health and happiness are all natural. Synthetic and artificial foods and supplements cannot hold a candle to the bounty of nature’s own supernutrients...**SUPER FOODS**. Science is confirming what Chinese herbalists have been saying all along...*the laboratory cannot match Mother Nature.*
THE FORGOTTEN FOODS
Specializing in Ginseng and Reishi Superior
Classic Connoisseur Herbal Tonics

WELCOME TO FORGOTTEN FOODS
Thank you for your interest in our FORGOTTEN FOODS products. We humbly share these phenomenally powerful herbal products with you and our community. Initially, we set out to create formulas that would promote the longevity and overall health of our family. However, good word of mouth and encouragement from others has forced us to expand and share our wonderful Tonics. As you will discover, our products are extremely potent compared to any similar commercial product because they are all made out of our “PRIVATE STOCK,” which is why we call these products our “Private Stock series.” This means that they are meticulously hand prepared with the same love, strength and potency as we do our very own private collection. This Information Booklet was created to give you a deeper education and understanding of the science of Chinese Tonic Herbalism. The booklet will also allow us to have greater communications regarding your personal health and well being. As connoisseurs of superior herbs, we pray that your family too will experience the everlasting benefits of our precious FORGOTTEN FOODS.

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We would never drive our automobile for years without cleaning or changing the oil. The result would cause the car to run poorly and create long term issues to include the eventual death of the car. We would not do this because we know that the oil is the necessary life fluids of the vehicle and therefore most paramount to the overall health of the car. Likewise we wouldn’t run our bodies without a deliberate focus on cleaning and regenerating our blood supply. Or would we? Studies show that most people **routinely** service their automobile fluids, however, see no parallel to the need to clean and regenerate their own precious fluid supply...the blood.

Are you servicing your blood regularly? If not let’s consider the role of blood in our bodies. The main function of blood is to supply nutrients like oxygen and glucose to our cells, tissues and organs. Equally as important our blood also removes sludge and waste products (liquid manure) that build up from ingesting junk foods, meat, dairy, drugs, radiation, synthetic chemicals, etc. Unhealthy blood causes the body to decrease oxygen and nutrients to the extremities in an attempt to get more oxygen and nutrients to the trunk/torso. This is what causes poor circulation, our blood becoming too thick and slow to move (circulate).

Also, this liquid manure makes our blood over acidic. Our blood is meant to be alkaline. When blood is acidic, it decreases the ability of cells, tissues and organs to get oxygen and nutrients. Blood also enables cells and different substances such as amino acids, lipids and hormones to be transported between tissues and organs. As you can see, this **indispensable** essential that affects every tissue, cell and organ of your body must be given **daily** regard and attention.

Our Superior Blood Tonic is an **extremely** potent tonic designed to clean and enrich the blood, nourish the Kidneys and harmonize the organs. Our Blood Tonic removes the sludge and waste build up while powerfully rejuvenating the blood. The formula is headed by Polygonum, used for thousands of years for its blood enrichment and longevity qualities. In addition this formula also includes major blood **Superior** Herbs known in (TCM) Traditional Chinese Medicine. As a **Superior Herb** this means that these herbs can be taken over a long period of time with virtually no harmful side effects.
Because of their broad spectrum qualities our **Blood Regenerating** formula accomplishes all kinds of major tasks, including detoxification, purification of body tissues, strengthening and stabilizing the immune system, balancing the major functions, building deep Essence, improve adaptability, establishing a fundamental level of protection and stabilizing the nervous system. Our BLOOD TONIC increases the cardiovascular system as a whole. This powerful Blood Formulation can be used as a basic blood tonic by anyone, young or old, male or female. It is a superb anti-aging and rejuvenation formula. The benefits may be almost instantaneous and profound while for others the influence may be subtle at first with cumulative effects developing over time. *You start to feel balance and strong inside.* You start having abundant energy when you need it and yet you feel relaxed and at peace.

Below gives some of the broad spectrum effects of accumulative use in the body;

- Cleans & vitalizes blood
- Builds white T cells and red blood cells
- Lowers Blood Pressure
- Regulates Diabetes
- Weight Loss
- Sexual Enhancement
- Relieves Allergies
- Relieves Sinus Conditions
- Keeps Skin Beautiful
- Anti-aging
- Longevity
- Boosts the immune system
- Increases energy
- Improves Cardiovascular, Neurological and Metabolic Systems
- Women’s Health
- Fortifies the senses
- Strengthens hair growth
- Helps premature graying hair
- Strengthens back and knees
- Produces sperm production in men
- Produces fertility in women
- Plus Much Much More!
WHAT MAKES OUR PRODUCTS SUPERIOR?

**Product Integrity**  At the secret behind our **product superiority**, is the phenomenon that *the plant world communicate directly with Baratunde*, very similar to the phenomenon that George Washington Carver experienced. This spiritual fact separates us from mainstream commercial supplemental products. This also assures a rare quality of trust and integrity of the product. *Always.*

The simplest truth about our company (and products) that separate us from the rest is **our story**. Our business was birthed out of popular demand. Friends, family and community encouraged and insisted that we make these tonics available to the public. The **original thought** behind the product was *‘how do I create the most potent product possible for my family?’* Baratunde sincerely set out to create powerful Tonics for his family...**sparing no expense.** The idea of business came second, to the idea of **quality** and **potency**. These are genuinely **connoisseur standards that cannot be duplicated!** Our story is a story of integrity and humble beginnings.

**Taste.** If you have ever tasted a typical Chinese Herbal Tonic....Yuk! When tasting our product, you would taste immediately a vast difference in palatability. It is very common to get compliments on our taste, because consumers know that herbal supplements can be bitter…and therefore very difficult to ingest. This is a common complaint as to why people find it difficult to be consistent and maintain continuity when using herbal supplements. Baratunde goes the extra mile to harmonize the best possible remedy into a finished product that even children can palate. His Trade Secret recipe is one of a kind and cannot be duplicated.

**Our Herbal origins**  Unlike most commercial Chinese Tonics sold in America, most of our major Tonic Herbs used in our formulas are grown wild or wild crafted and come directly from the Jilin Providence in the Chang Bai Mountains in Northeast China. This is considered one of the most renowned and potent areas for naturally grown Chinese Herbs. In other words, the primary Tonic herbs used to make up our products are not domestically hot-house cultivated. This gives THE FORGOTTEN FOODS products a natural **Superior** potency and life force.
We use only Superior Herbs? In (TMC) Traditional Chinese Medicine, Chinese herbalism has traditionally been divided into three fundamental levels. These three levels were first described in the original classic of Chinese herbalism, attributed to the Emperor Shen Nong approximately three thousand years ago. The three levels are Superior, General and Inferior herbalism. We use primarily Superior Herbs in all of our Forgotten Foods Tonics. (See 6 Qualifications of Superior Herbalism below)

The Superior Tonic Herbs are known as the rulers and control the maintenance of life. These are incomparable, legendary herbal substances that have stood the test of time. Each on its own merit has come to be recognized as the true crème-de-la-crème Super Tonics and are considered the most important set of herbs on Earth. These herb foods are not medicines so we can ingest these foods in larger amounts or over a long period of time and not have harmful side effects.

We Use Classic Formulations? The Chinese have chronicled their discoveries and formulas and have passed the knowledge along from generation to generation for thousands of years, creating the most fully developed herbal system in the world. Forgotten Foods use some of the same proven and tested base formulations used by the traditional herbalist, Emperors, Taoist & Buddhist priest, and spiritual health seekers of many generations. These formulations have for millennium been documented and considered Superior.

Hand made, Aged and Buried All FORGOTTEN FOODS products are meticulously processed by hand, Qi Kung energetically charged, aged and buried for its natural harmonization in the earth for months until un-earthed and bottled for use. This one-of-a-kind unique process gives our finished products a Superior edge.

Made with Love and Spiritual Intent As stated above, because these formulas were initially intended for personal use, they are also particularly crafted with Love and Spiritual intent. There is no substitute for Love and Spiritual Intent. When you compare THE FORGOTTEN FOODS products with those typical commercial herb products, you can see and feel why we say our products are by far…Superior.
BLOOD REGENERATING TONIC FORMULA

Below are the herbs that make up our Blood Regenerating Tonic:

**POLYGONUM** Regular consumption of this famous "longevity herb," also known as Fo Ti and He Shou Wu, is said in the Orient to help return an aging person to youthfulness. It is a classic Yin essence (Jing) tonic, as well as a major blood tonic. It is said to increase energy and is a **superior blood cleanser**. Polygonum is believed to be a powerful sexual tonic when consumed regularly. Polygonum is widely believed in China to increase sperm production in men and to increase fertility in women. Polygonum is used in almost all tonics that are believed in the Orient to nurture the hair and teeth.

Polygonum is tonic to the kidney and liver functions. As such it fortifies the muscles, the back and knees, strengthens the tendons, ligaments and bones, and prevents premature aging. It reputedly has the capacity to return gray hair to black. This is one of its most popular attributes and is used throughout Asia for this purpose.

**DANG GUI**, is one of the most famous and widely used herbs in the world. It is used by men and women alike as a **superb blood tonic**. It is also an important **blood vitalizing** herb (e.g., it improves blood circulation). Men use it as a **muscle building** blood tonic. However, Dang Gui is most famous as a women's tonic, because women so often use it as a blood tonic and to regulate the female menstrual cycle. It is found in most women's tonic preparations. It is commonly described as the supreme “woman's herb,” and as the “queen of Chinese herbs.” Dang Gui is most well known for its two primary functions: 1. as a potent and effective blood tonic, and 2. as a gynecological regulator.

As a blood tonic, Dang Gui is almost incomparable. Few herbs in the world are as safe or as potent as a blood tonic. It is commonly used by millions of people to treat common anemia. It can be used after an illness, injury or surgery to **rebuild red blood cells and to increase blood volume**. It is very commonly used by women to build blood. It is most frequently used after a woman’s menstrual period has concluded, in order to replenish blood which has been lost. Dang Gui is found in numerous general tonic formulations as part of the blood-building component of the formula. Men as well as women benefit from strong blood.

**WILD REISHI MUSHROOM** is one of the greatest tonic herbs on earth. It has been used since the dawn of time as a superb “protector” and Shen tonic. It is now known to be an immune modulator and potent antioxidant. It has been found to improve the functioning of the immune system whether the immune system is deficient or excessive. It is an immune "modulator" – that is, it helps to modulate, or regulate the immune system. Reishi has anti-stress activity and has a mild tranquilizing effect on the central nervous system. Reishi also has the chemical constituents known as polysaccharides that play an important role in strengthening the body's overall immune functions. Ganodermic acids in Reishi inhibit histamine release, improve oxygen utilization and improve liver functions. Ganodermic acids are potent antioxidant free-radical scavengers. Reishi may improve the physical condition of the cardiovascular system. Reishi stimulates the production of interferon and interleukins I and II, potent natural immunity-boosting substances produced in our own bodies.
Reishi tonifies Jing, Qi and Shen. **It protects the entire body** and nurtures the Heart. Reishi has traditionally been used as an anti-aging herb. The Chinese have traditionally claimed that Reishi promotes calmness, centeredness, balance, inner awareness and inner strength. They have used it to improve meditative practices and to protect the body, mind and spirit so that the adept could attain both a long and healthy life. Deep in antiquity, Reishi was routinely used by mountain hermits, monks, Taoist adepts and spiritual seekers throughout Asia because it was believed to help calm the mind, ease tension, strengthen the nerves, strengthen memory, sharpen concentration, improve focus, build will power and, as a result, help build wisdom. That is why it was called the "Mushroom of Spiritual Potency" by these seekers. Reishi mushroom is revered in Asia as a Tonic Herb consumed for the attainment of radiant health, longevity and spiritual attainment.

**LYCIUM** is one of the most popular herbs in the world. It is a delicious fruit and is very widely used throughout Asia as a superb Yin essence and **blood tonic.** Lycium is used to “nourish the vital essence” (Jing), invigorate the Liver and Kidneys and calm the Heart and the nervous system. Regular consumption of Lycium is traditionally believed to lead to a long and happy life. It is said that prolong consumption of Lycium will promote cheerfulness and vitality. It is said that Lycium brightens the eyes and improves vision. It is known to “lend radiance to one's countenance.” It is traditionally believed that Lycium strengthens the legs and enhances sexual function. Lycium Fruit contains polysaccharides that have been demonstrated to strongly fortify the immune system. Lycium is very rich in vitamin C and in B vitamins. Furthermore, it is the richest source of carotenoids, including beta carotene, of all known plants on earth and is thus a powerful antioxidant.

**WILD RHODIOLA** According to the Tibetans, Rhodiola, which grows at the snow line of the Himalayas in Tibet, may be used as a tonic to increase vitality. It is superb for strengthening the body and mind, resisting fatigue, resisting a lack of oxygen, for exposure to excessive radiation, and for prolonging life. The immune potentiating effects of Rhodiola are stronger than those of ginseng. It has a notable restorative effect if one consumes a preparation while the tired body is recovering or is failing to recover from strong or excessive exertion. It has double-direction-adjusting effects on the nervous and endocrine systems. It is especially well known in Asia for increasing the intelligence of those who consume it regularly. It can improve a person’s memory, power of concentration and work-efficiency.

Consumption of small amount of Rhodiola extract significantly improves a person’s capacity to absorb and utilize oxygen. This is a major key to the incredible benefits associated with this herb. **When you consume Rhodiola, it is the same as inhaling pure oxygen.** Rhodiola is especially beneficial to those who live under stressful conditions. It has been proven that Rhodiola reduces the body’s stress reactions, and thus relieves mental stress as well. People stay focused and suffer far less from fatigue even under severe stress. It is the ideal herbal supplement for the modern world. Rhodiola was considered sacred by the monks of Tibet, Bhutan and Nepal to enhance their inner spiritual power, the power of concentration and physical endurance. It has undoubtedly played a major role in the development of Tibetan culture.
**DEER ANTLER** is widely claimed in the Orient to strengthen all aspects of a person's life, and is considered to be an ultimate primal essence (Jing) tonic. It is said to be a warm Yang tonic, although it is also known to contain Yin essence and is a **major blood tonic**. Extracts of Deer Antler have been found to strengthen the central nervous system and the heart. Deer Antler is believed to strengthen the mind and to enliven the Spirit (Shen). It is also widely used to improve mental power. Deer Antler contains many natural minerals and other nutrients.

Deer Antler is a superior product and is one of the rare bargains of Chinese Tonic Herbalism. This precious extract is mainly used as a rejuvenating and regenerating agent. The complex chemical agent found in Deer Antler is similar to that found in the tail bases of many lizards, such as the gecko and in the legs of starfish where these appendages **re-grow bone, nerves, blood vessels, tissue, flesh and all!**

Deer Antler is the most precious and the most potent of the substances that fortify the Yang energy of the Kidney, Yang Jing. It is widely used in Asia to strengthen adrenal, reproductive and brain functions. It is universally believed in the Orient to build sexual strength and to increase virility and fertility.

Like all Yang herbs, deer antler is used to strengthen the back, knees and waste, but deer antler is considered to be the most powerful such agent and is usually the main herb in any formula in which it is included.

Deer antler is used to **build blood and improve circulation**. The alcohol extract of deer antler, known as pantocrin, has been found to benefit the cardiovascular system. Deer antler is tonic to the marrow, which produces blood, including our white and red blood cells. Marrow tends to degenerate as we age and deer antler is believed to slow down or reverse this process. This is a major aspect of deer antler's youth preserving ability. Overall, deer antler is mainly used as a rejuvenating agent. Short term use is believed to quickly build strength and power, while consistent long-term use is believed to re-build deep life force, preserve youthfulness or even reverse aging, and to enhance longevity. *(Blood Regenerating is available without Deer Antler)*

**NOTE:** Our source of Deer are not killed for their antler. They are raised like pets and are cared for because their antlers are very valuable. The soft antler of the deer is removed from the deer when it has grown just two or three spikes and is still covered by velvet. The deer grows new antlers that same season, which are not harvested. The tip of the antler is the most potent part because it contains the most active substances.

**REHMANNIA** is considered to be a **premium blood tonic** and is popularly known as the "Kidney's own food." It is thus believed to be a Kidney tonic and longevity herb and is found in many common "anti-aging" formulations for longevity, and rejuvenation. It is also said to beautify the skin and benefit sexual functions in men and women. Prepared Rehmannia is a major blood tonic. This is of course of special importance to women, who always need to rebuild blood. Prepared Rehmannia is said to be warm in nature and thus warms up the uterus in women. A “cold uterus” will result in painful menstruation and infertility.
**ASTRAGULUS** was called “the senior of all herbs” in the *Essential of the Materia Medica*, (1694ad). This herb tonifies the spleen, stomach, qi, and blood. Research has shown it to lower blood pressure and increase endurance. This herb is considered one of the world’s greatest immune tonics because it improves the ability of the macrophages (type of white blood cells) to fight and devour bacteria, fungi and viruses and it is also thought to promote the production of interferon in the body. People with regular colds and flu can benefit from this herb as it helps to build up natural resistance. Cancer patients also benefit from Astragalus, as the addition of this herb makes some cancer medication more effective, thereby allowing less toxic dosages to be used in treatment. It is further indicated for use by cancer patients undergoing chemotherapy and radiation as a supportive measure to prevent liver damage, as this herb exhibits good liver protecting qualities. Astragalus also increases metabolism.

**CODONOPSIS** is one of the most famous and widely used Chinese tonic herbs. Codonopsis is an **excellent blood tonic** and a major immune system tonic. It is very mild and without any side effects, yet it is a super Qi tonic. It invigorates the Spleen and Lung functions so that Qi is replenished and it promotes the production of body fluids. It is believed to have an action similar to that of Ginseng, but milder. It is often used in place of Ginseng in formulas that actually call for Ginseng to be used as a main Qi tonic, especially when the purpose of the formula is to invigorate the Spleen and Lung functions. Its **blood building quality** makes it especially good for people who are weakened due to illness. Codonopsis is extremely effective at relieving chronic fatigue.

Many **women use it to build blood** and the Chinese consider Codonopsis to be an herb perfectly suited to nursing mothers, holding that Codonopsis helps produce milk and that the nutrients in Codonopsis are especially nourishing to babies. Codonopsis is an excellent herb for children. It is mild yet has powerful strengthening effects, especially on the digestive, respiratory and immune systems. It builds strong muscle in children. It is rich in immune stimulating polysaccharides which are beneficial to everyone. They have also been shown to be useful in supporting the immune systems of people with cancer who are using the herbs in conjunction with conventional cancer therapies. Codonopsis has been demonstrated to have radiation protection activity and can be effective in protecting cancer patients receiving radiation therapy from the side effects without diminishing its benefits. Codonopsis also has interferon-inducing activity that may be of importance in many immune deficiency conditions, including HIV infection.

**SCHIZANDRA** is a famous tonic historically consumed by Chinese royalty and by Taoist masters. It is one of the few herbs that contain all three treasures. Schizandra is renowned as a beauty tonic and is considered to be a youth preserving herb. It has been used for centuries to make the skin soft, moist and radiant. It is also said to be a powerful tonic to the brain and mind, and is believed in China to improve memory. It is also said to be an excellent sexual tonic when consumed regularly. It is said to help produce abundant sexual fluids, increase sexual endurance and to strengthen the whole body. It is used in many tonic formulations as an "astringent." Schizandra has a wonderful multi-layered flavor when processed properly.

Schizandra contains all five elemental energies in abundance, contains all three treasures in abundance, and enters all twelve meridians. Schizandra is said to increase the Water Qi in the Kidney. In particular, it is said to vastly increase the “water of the genital organs,” referring to the sexual fluids. Schizandra is said to promote the
production of semen. It is famous for its ability to relieve sexual fatigue and for increasing the sexual staying-power in men. Schizandra is also said to increase circulation in and sensitivity of the female genitals. Many women claim increased genital warmth and sensation after using Schizandra for a period of time. The Chinese sexual classics claim that continuous use by a woman will increase the amount of "female elixir," a euphemism for vaginal secretions, during intercourse. Schizandra is considered to have "aphrodisiac" qualities, especially when combined with other Kidney tonics. It is said to be the quintessential herbal substance.

**GYNOSTEMMA** is widely used because of the following health benefits: to slow down aging and to prevent feebleness at all ages, and **in particular to lose weight**, prevent senility; to reduce fatigue, to increase vigor; to reduce oxygen deficiency at high altitudes; to improve digestion; to strengthen the mind; and to improve sex functions. It is also believed to help **calm the nerves and to ease pain**. It is **commonly used for inflammation of the joints...which is good news for arthritis sufferers.** Gynostemma is generally reinforcing to overall health, and has a strong anti-fatigue effect. **It is also used as a virtual "cure-all."** To the local people who collect it wild, grow it and consume it, it is simply called "Magical Grass."

The ultimate greatness of Gynostemma lies in its broad spectrum adaptogenic quality. It has double direction activity, and has the ability to bring balance to the body under a wide range of stressful circumstances. Constant consumption of Gynostemma tends to have a highly protective quality because it strengthens the adaptive capacity of the person at every level of their life. Japanese studies have indicated that Gynostemma has a double-direction, regulating, **adaptogenic influence on the central nervous system.** It is calming when one is overexcited and stimulating when one is depressed. Japanese studies have shown that Gynostemma is clinically useful in a number of mental and neurological conditions, including simple depression, anxiety and schizophrenia.

Gynostemma contains many amino acids, vitamins and minerals that are healthful to the human body, including selenium, magnesium, zinc, calcium, iron, potassium, manganese, phosphorus, and more.

**CORDYCEPS** is one of the most popular and widely respected herbs in the world. It has been revered for thousands of years in the Orient, but has historically been very rare. As a result of modern growing techniques, it is now available to everyone at a fraction of its traditional cost. It is a truly extraordinary tonic herb.

• Cordyceps is restorative after excessive exertion.
• Cordyceps improves physical endurance.
• Cordyceps helps restore cellular energy levels after adapting to stress.
• Cordyceps helps boost functions associated with the adrenal cortex that aid in the adaptation to stress.
• Cordyceps increases respiratory capacity and efficiency.
• Cordyceps is an immune modulating and immune-potentiating agent.
• Cordyceps tonifies Qi.
• Cordyceps replenishes Yin and Yang Jing.
• Cordyceps is used to strengthen the body and mind.
• Cordyceps is believed in the Orient to have rejuvenation functions.
• Based on the belief that Cordyceps replenishes Yin and Yang Jing, Cordyceps is
believed in the Orient to have anti-aging functions.
- Cordyceps is also a Lung* tonic.
- Cordyceps is used for the purposes of strengthening the primal Kidney* functions, which include sexual functions, brain power, structural integrity and healing ability, according to traditional Chinese health theory.
- Cordyceps can have a benefit in the vascular system.
- Cordyceps improves the function of the micro-circulation and improves efficiency at the capillary level.

**GINSENG** is one of the most famed and valued Qi tonic herbs used by humankind, Ginseng increases physical and mental efficiency and has been shown to improve the accuracy of work by promoting concentration. It prevents over fatigue and is not a stimulant like amphetamines or caffeine yet it increases alertness. It is an energy tonic that regulates the energy system. It has been shown to stimulate and regulate both the central nervous system and the endocrine system. Ginseng is very important because it helps the body adapt to all kinds of stress and fortifies endurance under anxiety producing conditions. Good for men and women alike, Ginseng comes in a wide range of qualities and types. The higher the quality, the more Shen (Spirit) it is said to contain.

**Chang Bai Red Ginseng** - Red roots are steamed, which turns them a dark reddish-brown. Red Ginseng is considered to be next to wild roots. Red Ginseng is different in its effects from Chinese White Ginseng. It is faster acting and is generally more powerful. It greatly increases the metabolism, stimulates sexual drive and assertive behavior.

**Chang Bai White Ginseng** – The finest Ginseng in the world comes from Chang Bai Mountain area. It is the most highly favored by the Chinese and is the most common Ginseng used in China by connoisseurs. Warmer than American Ginseng, it strengthens the lungs and digestive tract, helping to provide a clean energy.

**American Ginseng** - American Ginseng is a true member of the ginseng family that grows natively in North America. It is very popular in China. It contains the same kind of adaptogenic ginsenosides (Asian Ginseng), but it has a different result. However, American Ginseng is considered to be a Yin tonic herb, especially nourishing to the lungs, skin and stomach. American Ginseng is a powerful adaptogenic herb. It thus provides energy, a cooling effect to the body. It is known for its ability to strengthen the lungs, tonify the body’s fluids, beautify the skin and generally provide the same great energy as other ginsengs. American Ginseng is thus useful for people who are hot but wish to take Ginseng. In other words, people who tend to have lots of energy, high metabolisms, are aggressive, have high blood pressure, etc. can take American Ginseng for its adaptogenic benefits without fear of overheating. In fact, taking the American Ginseng will help to balance out the system and can correct overheating problems, especially when the excess heat is in the lungs and stomach. It is said to moisten and cool the lungs. American Ginseng is highly regarded for its ability to promote the secretion of body fluids. American Ginseng is often used in China to tonify the lungs of people who have dry coughs due to smog, smoking or from other causes. And American Ginseng is considered to be especially strengthening to new mothers.

**Notoginseng** “The miracle root for the preservation of life,” as it is called by the Chinese, stands as one of the great health preserving herbs known to mankind. Notoginseng, also called Tienchi ginseng, is a relative of Panax Ginseng. It is a superb blood tonic and blood cleanser when cooked. It is a powerful blood vitalizing agent when consumed raw, and is believed by the Chinese to protect the heart and vascular system. It can be used externally to stop bleeding. It is widely used in Chinese herbalism internally as a tonic after traumatic injury. It is one of China’s premier longevity herb.
SIBERIAN GINSENG has been used in China for over 2,000 years. It is believed to have been first described in the Shen Nong Ben Cao where the Spirit Farmer graded it a general herb and described it as being useful for promoting energy and curing rheumatism. Later, Li Shih Chen, in his great Catalog of Medicinal Herbs, upgraded it to a superior herb, indicating he believed that Siberian Ginseng has a primarily tonic, anti-aging nature rather than a medicinal effect. He describes it as follows: “Its action is to invigorate physical energy, regulate vigor, and strengthen the skeleton and tendons. If administered over a long period of time, it can delay weakness and aging. Indications for its use include sexual debility, overly-frequent urination, lumbago (low-back pain), rheumatic pain in the legs and weakness of vigor and vitality.”

LIGUSTIC WALlichii is one of the primary blood vitalizing herbs used in Chinese herbalism. It is very widely used in treating menstrual disorders because it is so effective at activating blood flow and relieving pain associated with blood and Qi stagnation. It warms the uterus and decongests swelling in the pelvic basin. In addition to its blood vitalizing effects, Ligusticum is a good blood tonic.

Though it was not classically recognized as a major heart tonic, it has recently been discovered that Ligusticum provides many benefits to the heart muscle. Its action in this regard is similar to that of Ilex and Notoginseng. It significantly enhances myocardial circulation and is now being widely used clinically in China to treat and prevent heart disease. Ligusticum is related to Dong Gui and they share many of the same characteristics. They also share significant components. However, Dong Gui is a stronger blood tonic and Ligusticum is a stronger Blood vitalizer and analgesic. It is also widely used to relieve the pain associated with invasion of wind and in formulations to treat colds, flus, sinus congestion and various skin disorders. Ligusticum has been found to induce interferon production.

SNOW LOTUS This herb is extremely rare and precious. It comes from one of the most remote areas in Asia. Snow lotus is anti-aging, strengthens the body, preserves youthfulness, promotes longevity and helps with all kinds of diseases. Snow Lotus has a general health promoting effect. It regulates the functions of different organs. In particular, it improves the immune system, prevents internal and external diseases, improves adaptability, and eliminates body toxins. Snow Lotus calms and eliminates wind, smoothes liver function, sedates rising liver yang. It replenishes the yin, strengthens the yang, tonifies the blood, relieves swelling and pain, improves circulation, removes blood stagnation, and is said to remove “sludge” from the blood vessels. It clears away heat, toxic material and dampness. Though it is equally beneficial to men and women, Snow Lotus was the favorite herb the most beautiful women of the Chinese Imperial Court for centuries because of its beauty-enhancing benefits. Again, this is an extremely rare and precious herb.

EUCOMMIA BARK strengthens the structural framework of the body. This herb may be used by those who wish to strengthen bones, tendons and ligaments. It is suitable for those who suffer chronic joint pain, lower back pain, knee pain, etc. It is especially suited to those who are recovering from traumatic injury to bone, ligament and/or tendon. It can strengthen the lower back and knees and is an ideal tonic for those who experience low back or knee pain due to exhaustion.
**MORINGA** is one of the few herbs in the Blood Regenerating Tonic that is *not* a Chinese herb. It is an **African herb** that is considered to be a natural *nutritional powerhouse*. It is now being called by many biochemists as the **most nutrient-rich** plant ever discovered. Gram for gram, Moringa leaves contain *7 times* the vitamin C found in oranges, *4 times* the calcium and *3 times* the protein found in milk, *4 times* the Vitamin A found in carrots and *3 times* the potassium found in bananas. In addition to its wealth of vitamins and minerals, the Moringa plant provides a **rich and rare** combination of zeatin, quercitin, beta-sitosterol, caffeoylquinic acid, and kaempferol.

**ROYAL JELLY** is a popular natural food substance produced by worker bees for their queen. This incredibly nutritious whole food is rich in a very broad spectrum of important vitamins, minerals and other substances essential to radiant health. Royal Jelly is believed to be an important beauty aid and is said to beautify the skin, eyes and hair. It is often combined with super-tonic herbs such as Ginseng, Dang Gui and Schizandra.

**Additional Herbs included:**
Salvia, Poria, Pearl, Licorice, Longan, Jujubae Date, Citrus, Cuscuta, Cinnamon, Morinda Citrifolia (Noni Fruit), Raw Organic Honey and Love.

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**General Disclaimer:**
All information is provided for informational purposes only. Any information presented herein is not intended to substitute the advice provided to you by your own physician or health care provider. All health supplements or products purchased contain clearly labeled product packaging, which must be read to ensure proper use. All information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration.
INTRODUCTION TO CHINESE TONIC HERBALISM

Chinese herbalism is the system of herbal healthcare developed in Asia over the last 5,000 years. The Chinese have chronicled their discoveries and have passed the knowledge along from generation to generation creating the most fully developed sophisticated herbal system in the world.

It is based on the Great Principle of Yin and Yang*, and upon the principle of the Three Treasures*, as well as upon many other related principles. Today, there are more than 5,000 species of herbs and plants used in Chinese herbalism.

The Divine Farmer’s Classic of Herbalism is the oldest herbal text known in the world. This classic was in fact the work of a large number of physicians and herbal masters compiled and written over many centuries. It is so remarkable because it presented an organized system of categorizing the herbs, a method that still effective, makes sense and is still used today.

Chinese herbalism has traditionally been divided into three fundamental levels. These three levels were first described in the original classic of Chinese herbalism, attributed to the emperor Shen Nong approximately three thousand years ago. The following section of that classic explains the three levels of herbalism practiced in the Orient since that time:

The Inferior Class of herbs is the assistants. They control the curing of illnesses and correspond to Earth. They possess a markedly medicinal effectiveness and must not be taken over a long period of time since side effects will likely result. If you wish to remove cold, heat, and other evil influences from the body, to break stagnations of any sort and to cure illnesses, you should base your efforts on the herbs in the Inferior Class.

The General Class of herbs is the ministers. They control the preservation of the human nature and correspond to Man. One part of them possesses medicinal effectiveness, another part possesses preventive effectiveness. For every application, the choice of the suitable herbs should be considered carefully. If you wish to prevent illnesses and to balance depletions and consumption, you should base your efforts on herbs in the General Class.

The Superior Class of herbs is the rulers. They control the maintenance of life and correspond to Heaven. These herb foods are not medicines so the taking of these herb foods in larger amounts or over a long period of time is not harmful. If you wish to prolong the years of life without aging, you should base your efforts on the herb foods of the Superior Class.
SIX QUALIFICATIONS OF SUPERIOR HERBALISM

Only herbs that meet specific qualifications are ranked as a Superior Herb in the Chinese herbal system. For an herb to be recognized as a Superior Tonic herb that herb must have been found over many centuries to meet six specific qualifications:

1. A Superior Herb must contain at least one of the Three Treasures* in such abundance that it can contribute to the building and maintenance of that Treasure in one who consumes it. Some of the Tonic Herbs contain just one of the Treasures, some contain two and some contain all three.
2. A Superior Herb must aid in the attainment of a long life.
3. A Superior Herb must have broad and profound health-promoting actions that result in a radiantly healthy life.
4. A Superior Herb must have no negative side-effects when used reasonably, and therefore may be taken continuously over a long period of time if desired, yielding cumulative, long-term benefits. This emphasis on safety is in accordance with the first law of Chinese herbalism—'Do no harm.'
5. A Superior Herb must help balance our emotional and psychic energy so as to help improve one’s state of spiritual and emotional well being and happiness.
6. A Superior Herb must taste good enough to be consumed easily and must be easily digestible and assimilable when prepared correctly. Most of the herbs in the tonic category do taste good and in fact, any of the tonic herbs may be used in healthy cooking. Many are used commonly in a healthy Chinese diet. The Superior Tonic Herbs are considered to be a major food group in the Chinese diet.

Essentially, the Tonic, or Superior Herbs are wonderful, healthful 'Super-Foods' (Forgotten Foods) which benefit as a supplement to a well balanced healthy diet for the purpose of completing our nutritional needs.
Traditional 100-Day “Cultivation” Period

We strongly suggest that you use these Tonic Herbs for at least a one hundred day period. The accumulative long term effect is transformative. In time you will see your vicious cycles* turn into benevolent cycles*. It is traditionally believed that this initial stage of cultivation takes about one hundred days. However, you are likely to notice many positive changes in how you feel and look long before the first hundred-day period has run its course. THIS FORGOTTEN FOODS program will accomplish all kinds of major tasks, including a focus and balancing on all major systems of the body (i.e., metabolic, neurological, endocrine, circulatory, respiratory, etc.), detoxification, purification of body tissues, strengthening and stabilizing the immune system, building deep Essence, establishing a fundamental level of protection.

THE FORGOTTEN FOODS Superior Tonic herbs increase the vitality of your system as a whole. They strengthen the regulatory mechanisms of the body and mind in such a way that the body can maintain Homeostasis, which can be defined as normal, healthy body balance. This is the secret of Chinese tonic herbalism and FORGOTTEN FOODS. The tonics DO NOT CURE DISEASE, they help the body to work the way it was created to work—optimally, efficiently, accurately, and always with harmony and balance as a goal.

GLOSSARY

THE THREE TREASURES

The ultimate goal of all of the Oriental healing and health-promoting arts is to cultivate, balance and expand the Three Treasures. At the highest level of the Oriental Healing Arts, the practitioner is attempting to harmonize all aspects of one’s being. This is accomplished by focusing one’s attention on the Three Treasures.

Jing - is the first Treasure and is translated as essence. Jing is the primal energy of life and stored in our kidneys. It is closely associated with our genetic potential and thus is intimately associated with the aging process. The quantity of Jing determines both one’s life span and the ultimate vitality of one’s life.

Qi - (pronounced chee), is the source of our vitality. Qi is the second Treasure and in the three treasures system includes both energy and blood. Although Qi may be defined as all energy, in the three treasures system it represents human vitality on an immediate basis. This Qi is the aspect of our life which involves action, function and thought. It nourishes and protects us. That Qi which nourishes us is known as nutritive Qi and that Qi which protects us is known as protective Qi. Both are produced from food and air on a day-to-day basis.
Shen - Shen is the third Treasure. Shen is our spirit. It may also be translated as our higher consciousness. This is ultimately the most important of the Three Treasures because it reflects our higher nature as human beings. Chinese masters say that Shen is the all embracing love that resides in our Heart. Shen is expressed as love, compassion, kindness, generosity, acceptance, forgiveness and tolerance. It manifests as our wisdom and our ability to see all sides of all issues, our ability to rise above the world of right and wrong, good and bad, yours and mine, high and low, etc. Shen is our higher knowledge that everything is one, even though nature manifests dualistically and cyclically, often obscuring our vision and creating illusion.

Adaptogen - Resilience is an enormous aspect of radiant health. The more adaptable one is the more flexibility and resiliency one will be capable of showing in one’s health and life. Adaptogenic herbs are plants with properties that exert a normalizing and adapting influence on the body.

Double-Direction - The ability to regulate functions so that normal bodily functions are maintained. Certain herbs have the ability to regulate body functions. They sedate excessive activity and stimulate deficient activities, to the point of normalcy. For example, if someone is exposed to cold air, the body goes through a very complex process in order to maintain body temperature at its normal temperature. If the body is exposed to hot air, the body goes through an equally complex process to keep the body temperature cool, or in fact, the same as always. This double direction activity is rare in the plant kingdom, and sets the Superior Tonic herbs apart from all other substances.

Vicious cycles - The process of one negative action leading to more problems is a vicious cycle. Many people experience a never ending chain of vicious cycles. Vicious cycles are often very difficult to escape, without a profound tool to help break the chain. One of the profound influences of the Chinese Tonic Herbs is in their ability to change "vicious cycles" into "benevolent cycles."

Benevolent cycles - A benevolent cycle is the process of one positive action leading to more positive actions. Something good happens when you start taking these herbs. You start to feel balanced and strong inside. You start having abundant energy when you need it and yet you feel relaxed and at peace. Incredibly, you become more and more adaptive so that you can do a lot of things that you couldn’t do before. You find yourself taking on challenges you couldn’t have handled before, doing things that you used to avoid or of which you thought you were incapable. People start commenting on how bright your eyes are, how enthusiastic you are, how vibrant you are, how well you seem to handle problems, even how insightful you are. These are the real benefits of consuming these FORGOTTEN FOODS.

Polysaccharides - Chemical constituents that play an important role in strengthening the body’s overall immune-modulating capacity activity that help the body attack microbial invaders such as viruses, bacteria, and yeast.