

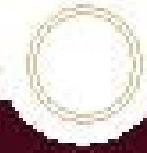
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JING HERBSTM

LEGENDARY TONICS & TEAS

EST. 2002

Paired Organ Systems



Kidneys / Urinary-Bladder

Liver / Gallbladder

Heart / Small Intestine

Spleen / Stomach

Lung / Large Intestine

Yin
Organs

Yang
Organs

Kidneys



Element: Water

Time: 5 p.m. - 7 p.m.

Season: Winter

Flavor: Salty

Water Jing Formation: First Jing to be introduced into the body of the fetus. Becomes active in the 4th lunar month of pregnancy. Genetic development, innate and intuitive intelligence, life-force energies.

Kidneys



- Foundation of all Yin and Yang energies in body
- Yin: Vital essences including tissue
- Yang: Heating and moving Qi

Kidney Functions



- Stores Jing (Essence)
- Produces marrow, fills the brain and spinal fluid
- Controls the bones
- Governs water
- Controls and promotes inhalation
- Opens to the ears
- Manifests in hair of the head
- Controls lower orifices
- Houses Ming-Men fire

Kidney Pathology



- Deficient Kidney Jing
- Deficient Kidney Yang
- Deficient Kidney Yin
- Kidneys fail to grasp Qi

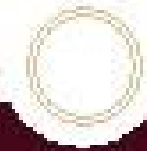
Kidney Herbs and Formulae



- Deer Antler
- Morinda
- Rehmannia
- He shou wu
- Rehmannia 6
- Restore the Yin
- Restore the Yang



Urinary Bladder



Time: 3 p.m. - 5 p.m.

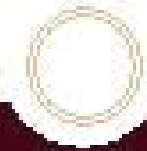
- Stores and excretes urine
- Transforms fluid: remove water by Qi transformation
- Stores the urinary bladder fire

Urinary Bladder Pathology



- Frequent urination
- Dribbling
- Enuresis
- Heat and pain during urination (UTI): Ba Zheng San
- Difficulty in urination
- Bladder stones that cause blockage: Shen Shi Fang

Liver



Element: Metal

Time: 3-5 AM

Season: Spring

Flavor: Sour

Wood Jing Formation: During the seventh lunar month of the pregnancy. Supervises the direction of the emotional and spiritual aspects of the person (Hun).

Yin: Material structures and the stored blood

Yang: Heating and moving Qi

Liver Functions



- Stores and regulates blood
- Ensures smooth flow of Qi
- Controls tendons
- Manifests in the nails
- Opens into the eyes

Liver Pathology



- Depression of Qi
- Stagnation of Liver Qi
- Stasis of Liver blood
- Liver fire blazing upwards
- Liver blood deficiency
- Liver Yin deficiency
- Damp-heat in Liver/Gallbladder

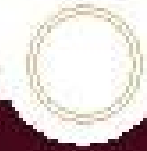
Liver Herbs and Formulae



- Reishi
- Schisandra
- Bupleurum
- Salvia
- Bupleurum & Peony
- Bupleurum & Dragon Bone



Gallbladder



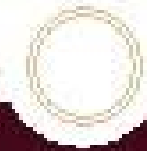
Time: 11 p.m. -1 a.m.

- Stores and excretes bile
- Controls tendons

Pathology

- Damp heat in the Gallbladder
- Gallbladder deficiency

Heart



Element: Fire

Time: 11 a.m. - 1 p.m.

Season: Summer

Flavor: Bitter

Fire Jing Formation: During the 5th lunar month of pregnancy. In order to promote emotional and spiritual well being, the fire energy generates, controls, protects, integrates, divides, and harmonizes the internal energies of the fetus.

Yin: The Heart's vital essence and the blood

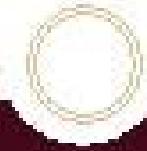
Yang: Heating and moving Qi and blood

Heart Functions



- Governs blood
- Controls the blood vessels
- Manifests through the complexion
- Houses the Mind and Spirit
- Opens into the tongue
- Controls perspiration

Heart Pathology



- Qi deficiency
- Yang deficiency
- Blood deficiency
- Yin deficiency
- Heart fire blazing

Heart Herbs and Formulae



- Salvia
- Reishi
- Pearl
- Crataegus
- Ginseng & Longan
- Peaceful Spirit



Small Intestine



Time: 1 p.m. -3 p.m.

- Controls the reception, transformation, and absorption of nutrients
- Separates clean from turbid fluids

Pathology

- Full Heat
- Qi stagnation/pain
- Qi obstruction

Spleen



Element: Earth

Time: 7 a.m. - 9 a.m.

Season: Late Season/Center

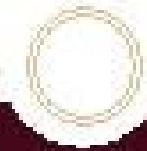
Flavor: Bitter

Earth Jing Formation: During the eighth lunar month of pregnancy. Zong qi from the mother's spleen gather in the chest; this is the combined Qi of Heaven and Earth.

Yin: The Heart's vital essence and the blood

Yang: Heating and moving Qi and blood

Spleen

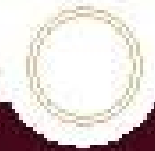


- The Earth Jing oversees the quality and maturation of the emotional and spiritual bonding and boundaries of the person

Yin: Structure of the Spleen and blood

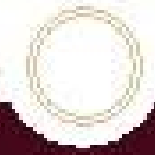
Yang: Spleen's function of transformation, heating, holding, and movement of Qi.

Spleen Functions



- Transforms, transports, and distributes nutrients
- Controls the blood
- Rules the muscles and limbs
- Opens to the mouth
- Manifests in the lips
- Controls the “Raising Qi”
- Houses thought

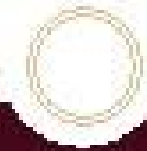
Spleen Herbs and Formulae



- Ginseng
- Astragalus
- Atractylodes
- Poria
- Three Brothers
- Four Major Herbs



Stomach



Time: 7 a.m. - 9 a.m.

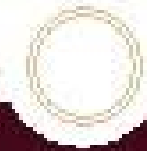
- Controls “rotting and ripening of food”
- Transportation of food essences
- Controls descending of Qi
- Source of body fluids

Stomach Pathology



- Qi deficiency
- Stomach deficient and cold
- Yin deficiency
- Stomach fire
- Retention of blood
- Qi rebelling upwards
- Stasis of blood

Lungs



Element: Metal

Time: 3 a.m. - 5 a.m.

Season: Autumn

Flavor: Pungent

Metal Jing Formation: During the 6th lunar month of pregnancy. Stabilizes and secures tendons and connective tissue. Responsible for fetal formation and for the ability to form and maintain emotional bonding.

Yin: Lung's material structure

Yang: Physiological functions

Lung Functions



- Govern Qi and respiration
- Controls the channels and blood vessels
- Regulates the water passages
- Controls the skin and body hair
- Opens to the nose

Lung Pathology



- Lung Qi deficiency
- Lung Yin deficiency
- Lung dryness
- Retention of phlegm in the Lungs

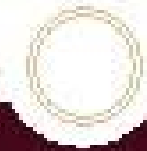
Lung Herbs and Formulae



- Astragalus
- Cordyceps
- Asparagus root
- Codonopsis
- Three Brothers
- Platycodon & Fritillary



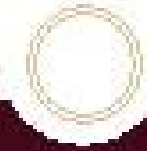
Large Intestine



Time: 5 a.m. - 7 a.m.

- Governs fluids
- Controls transportation and transformation of solid waste
- Controls waste removal
- Controls nasal drainage

Large Intestine Pathology



- Deficient Qi
- Damp heat invading
- Exhausted fluids