

SPIRIT & TONIC HERBS



Current medical thought suggests that one of the primary ways to extend the length and the quality of your life is to reduce the effects of prolonged and excessive stress.

Excessive and prolonged exposure to stress reduces both the quality and longevity of our lives and leads to the degeneration of the body, mind, and spirit. One of the most effective ways to combat this is by protecting, nourishing, and balancing the three fundamental energies in the body known as the Three Treasures-- Essence (Jing), Energy (Qi), and Spirit (Shen). At Jing Herbs, we do this with the use of tonic herbs.

Prolonged exposure to stress stimulates the adrenal glands to produce adrenaline which elicits the fight or flight mechanism. Eventually, this can lead to exhaustion or burnout that is dangerous to health and longevity. It is important, therefore, to keep Jing energy adequately replenished.

Maintaining adequate level of your day to day energy is important for dealing with stress. Adaptogenic herbs are also helpful with this as they have a balancing and normalizing influence on the body helping it to maintain homeostasis.

Keeping calm in the face of adversity is not easy. Having strong Essence (Jing) and Energy (Qi) certainly helps, but strong and balanced Spirit (Shen) is what allows us to face our struggles with grace, calm, and wisdom. Shen houses our spirit and higher self, and provides us with proper perspective on our lives when properly nourished. Spirit tonics are food for the Soul.

Jing Herbs, which has its headquarters in Los Angeles, California, is a formulator and manufacturer of the finest and most authentic tonic herb formulas available in the world.

“Jing” was chosen as the company name from ancient Taoist text simply because it means the source, the foundation, the primal “essence” of human beings. That is how we want our clients to regard our products; as the foundation and source of health and longevity.



The entire staff at Jing Herbs has a long and proud tradition of teaching, guiding, and improving the lives of thousands of clients through the use of tonic herbs. Our herbs are sourced from the authentic regions of their origin and we personally travel to China to inspect, select, and approve the raw ingredients. Our dedication to authenticity, integrity, and efficacy is unparalleled in the industry.

Jing Herbs

533 S. Los Angeles Street
Suite 502
Los Angeles, CA 90013

Phone: 213-873-4488
Toll Free: 877-679-5464
Fax: 213-239-9613

E-mail: info@jingherbs.com
www.jingherbs.com

 **JING HERBS**TM
LEGENDARY TONICS & TEAS

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SPIRIT TONICS



The Supreme Elixir has three distinctions;

*Essence (Jing),
Energy (Qi),
and Spirit (Shen).*

-The Jade Emperor



SPIRIT TONICS



PEACEFUL SPIRIT

- Nourishes & Opens the Heart
- Calms Emotional Stress
- Emotionally Uplifting
- Nurtures the Spirit
- 90 Capsules 450mg each



Peaceful Spirit promotes a state of calm and peaceful relaxation. This formula is suitable for anyone experiencing emotional stress, anxiety, or insomnia.

Walking through life with an open heart and the wisdom of sages is not impossible. All it requires is Peaceful Spirit. The primary herb in this formula is the highly revered Reishi Mushroom, also known as the "Mushroom of Immortality" and the "Herb of Good Fortune."

In addition, we have added Chinese Asparagus root, which according to legend, "puts wings on the heart," Polygala root, which connects the Essence (Jing) and the Spirit (Shen), and Albizia flower which calms the spirit and nourishes the heart. Pearl powder keeps your feet on the ground while your spirit soars! All told, this is our "happy" formula. When taken, it provides an uplifting feeling and puts a smile on your face.

Ingredients: Reishi fruiting body, Albizia julibrissin flower, Chinese Asparagus root tuber, Polygala root, Pearl powder, Longan fruit, Spirit Poria sclerotium, Eclipta herb, Chinese Salvia root, Polygonum multiflorum stem, Bupleurum root, Chinese White Peony root, Schisandra fruit, Chinese Licorice root.

YE SHENG REISHI MUSHROOM

- Supreme Spirit (Shen) Tonic
- Opens the Heart
- Supports Meditation
- Premiere Longevity Tonic
- 90 Capsules 450mg each



Known as the "Mushroom of Immortality" and the "Herb of Good Fortune," Reishi is considered by many to be the quintessential Spirit (Shen) cultivating, longevity, and health promoting herb. It's literal translation is "spiritual mushroom," and with good reason. This powerful Spirit (Shen) herb opens the heart, calms the spirit, increases wisdom, and relaxes the nervous system.

It has been a revered herb in the East for thousands of years because of its ability to help cultivate inner peace, compassion, and bliss for those lucky enough to find and consume it. Historically, it was limited to the Royal and elite classes of China because of its rarity and precious nature.

It is also an adaptogenic herb that helps to support and regulate immune function, protect the cardiovascular system, and support and protect liver function.

Jing Herbs is proud to have secured a wild crafted Reishi, known as "Ye Sheng" Reishi that houses great quantities of Spirit (Shen) energy. One dose and you will feel the difference.

Ingredients: Ye Sheng Wild crafted Reishi fruiting body.

BUPLEURUM & DRAGON BONE

- Anti-Stress
- Anti-Anxiety
- Sleep Disorders
- Calms and Grounds
- 90 Capsules 450mg each



Bupleurum & Dragon bone is a powerfully calming anti-stress and anti-anxiety formula that is well suited for modern life. This popular classic formula from the *Shang han lun* has been used for almost 2,000 years with great success.

Many users of this formula report feelings of relief after taking just one dose! According to traditional Asian observation, when we are stressed, the energy flow in the body stagnates and can potentially leave you with feelings of tension, anxiety, irritability, and in some cases insomnia.

The function of this formula is to ease those imbalances and return you to a state of calmness and peace. It is common in traditional applications using herbal formulas that one formula can be used for many conditions and many formulas can be used to address one condition. Some modern day applications for Bupleurum & Dragon Bone are: palpitations caused by anxiety, angina pectoris, addictive behaviors such as smoking, drinking, drug use, and over eating, and insomnia.

Ingredients: Bupleurum root, Prepared Pinellia rhizome, Cinnamon bark, Cinnamon twig, Poria sclerotium, Spirit Poria sclerotium, Fresh Ginger rhizome, Codonopsis root, Coptis rhizome, Red Jujube fruit, Oyster shell, Chinese Rhubarb rhizome