

## FOUNDATION FORMULA

- Nourishes all Three Treasures
- Anti-Aging & Longevity Tonic
- Premium Adaptogenic formula
- Energy and Immune Tonic
- 90 Capsules 450 mg each



Foundation Formula is our flagship multi-herbal formula for protecting, nourishing, and balancing the Three Treasures. It nourishes both Yin and Yang Essence (Jing), builds daily Energy (Qi), and cultivates a peaceful Spirit (Shen). Each herb in this formula was specifically selected because it quintessentially embodies the Treasure it nourishes.

Lycium fruit is one of the great Yin Essence tonics. It is a replenishing longevity antioxidant that nurtures both the Kidneys and Liver. Morinda root is a superior Yang essence tonic that helps to support the structure of the body, build physical power, and support mental function.

Astragalus and Ginseng are two of the world's most popular Energy (Qi) tonics as well as being adaptogenic herbs that keep the body balanced when faced with stress. They both assist in supporting digestion.

Reishi is considered by many to be the ultimate Spirit (Shen) cultivating, longevity and health promoting herb. Reishi opens the heart, calms the spirit, increases wisdom, and relaxes the nervous system. Polygala is a special Spirit (Shen) tonic that not only opens the heart, but also connects the Kidney Essence with the Spirit (Shen) thus helping to nurture will power.

Because this formula is so well balanced energetically, it is perfectly suited for anyone looking for a multi-herbal boost in their lives.

**Ingredients:** Lycium barbarum fruit, Morinda officinalis root, Prepared Astragalus membranaceus root, Panax ginseng (White Chinese Ginseng) root, Ganoderma lucidum (Reishi mushroom) fruiting body, Polygala tenuifolia root.

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](mailto:info@jingherbs.com)  
[www.jingherbs.com](http://www.jingherbs.com)

JING HERBS™  
LEGENDARY TONICS & TEAS

EST. 2002

# THREE TREASURES HERBALISM



*The Supreme Elixir has three distinctions;*

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

*-The Jade Emperor*



## What are the Three Treasures?

According to Taoist tradition, there are three fundamental energies that are housed in all living beings; Essence (Jing), Energy (Qi), and Spirit (Shen). The integration of these three energies constitutes our very existence and they are considered to be treasures that should be protected, nourished, and balanced. When they are sufficiently preserved and cultivated, health and longevity of the body, mind, and spirit are achieved. Keeping them abundant should be the goal of every person. To neglect them is to neglect life itself.



Essence (Jing), “the giver of life,” is the first Treasure. It is the concentrated, refined, and regenerative energy that we receive at our conception that is meant to last us our entire lives. It is the foundation of our

existence. It is the root energy of the body that is responsible for procreation, physical energy, sexual energy, creativity, longevity, and youthfulness. Essence (Jing) is easily dissipated, however, through excessive eating, drinking, sexual activity, work, stress, lack of sleep, and addictive behaviors. Becoming tired is natural, but becoming exhausted is dangerous. To preserve Essence (Jing), the Taoists avoided extremes and sought to maintain balance in their lives and activities.



Energy (Qi), “the breathe of life,” is the second Treasure.

While Essence (Jing) is our deep reserve, Energy (Qi) is our day to day vitality. It is the energy we derive from the air we breathe and foods we eat. It

is also our actual breathing. The deeper and more regulated our breathing, the healthier we become as

# THREE TREASURES

blood and energy are more efficiently and deeply circulated to every cell of the body leaving them more nourished and vitalized.



Spirit (Shen), “the light of life,” is the third Treasure. It is our mental, emotional, and spiritual well being as well as our connection to our higher self and the Divine. Spirit (Shen) is housed in the Heart and pro-

vides us with feelings of peace, calm, and serenity. It gives us proper perspective on our life and our place in the universe. When the Spirit (Shen) is strong, attachment to the mundane dissipates and we become more childlike, awakened, and at ease in the world around us. We become compassionate for and caring of others.

## Tonic Herbs and the Three Treasures

In the past five thousand years, the Chinese have developed a unique and powerful system of health cultivation through the use of herbs of which there are literally thousands. There are three distinguishable classes. “Medicinal” herbs are employed during sickness and are meant to be taken for a short period of time. “General” herbs are for harmonizing imbalances and can be part of a ongoing herbal program. And finally, a select group of about 50 herbs that qualify as “Tonic” or “Superior” herbs. This special class of herbs, when taken regularly, was considered by Taoists to be the substances from which health, longevity, and “immortality” could be achieved.

In order for an herb to be considered a “Tonic” or “Superior” herb, it must conform to the following:

1. Contain at least one of the Three Treasures; Essence (Jing), Energy (Qi), and Spirit (Shen).
2. Provide a health benefit when consumed.



3. Do no harm.
4. No negative side effects when properly used.
5. Can be taken for a lifetime.

Tonic herbs form the foundation of Taoist health cultivation because of their ability to nourish the Three Treasures. They epitomize protective, preventative, and proactive healthcare by keeping the body, mind, and spirit protected, nourished, and balanced.

## Essence (Jing) Tonics

The organ system that is most closely related to the Taoist concept of Essence (Jing) is the Kidney/Adrenal complex. This Kidney Essence energy has two components to it, Yin and Yang. Yin refers to the cooling replenishing aspect while the Yang refers to the warming and kinetic aspect. As such, tonic herbs will be either classified as Yin tonics or Yang tonics. The secret for maintaining optimal health is to have the proper balance between these two opposite and interdependent energies. Tonic herbs excel at this.

## Energy (Qi) Tonics

Energy (Qi) is a Yang activity while Blood is a Yin essence fluid. Both are important for maintaining strong daily energy. It is said that “Blood is the mother of Qi and Qi rules the blood.” Herbs that tonify the Spleen, Stomach, and Lungs will assist the body in generating Energy (Qi) and Blood.

## Spirit (Shen) Tonics

Spirit (Shen) tonics are food for Soul and help to transcend the physical realm. They allow you to feel comfortable in your own skin. According to Taoist philosophy they are associated with the Heart energy and cultivate compassion, peace, and love. They help us to evolve spiritually to fulfill our highest callings. Some Spirit (Shen) tonics are considered stabilizing agents that calm and ground during times of stress.