



QUARTERLY NEWSLETTER

 **SUN TEN**

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Experience in TCM Treatment of Insomnia

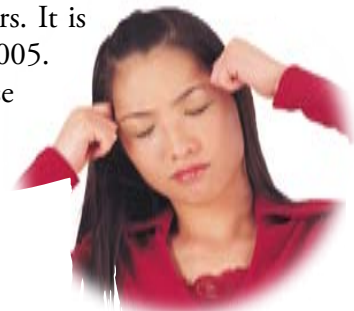
Lawrence (Lung-Sheng) Hsiao, MD (China); Eric (Lung-Cheng) Hsiao, MD (China), PHD;
Wen-Shuo Wu, MD (Taiwan), MSOM, MPH.

Southern California University of Health Sciences, College of Acupuncture & Oriental Medicine.

Insomnia is a sleeping disorder that affects 1 in 10 Americans and around 50% of seniors. It is often more prevalent in women, these estimations have increased since September 11, 2005. Insomnia can affect not only energy level and mood, but also your health as well because sleep helps bolster your immune system. Insomnia is characterized by:

1. Difficulty in falling asleep;
2. Waking up frequently during the night with difficulty in returning to sleep;
3. Waking up too early in the morning;
4. Not refreshing sleep.

The patient has a low spirit, palpitation, poor memory, and visceral function disorder, which seriously affect the patient's life and work. The following is an account of the authors' clinical experience in treating insomnia.



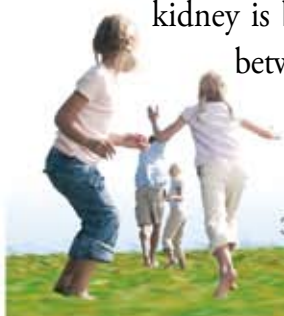
A. INSOMNIA CAUSED BY DISHARMONY BETWEEN THE HEART AND KIDNEY

The pathogenesis of insomnia is disharmony between the heart and kidney. The causes of this type of insomnia, including impairment of the heart and kidney caused by anxiety and fatigue, which in turn debases the sources of *fire* and *water*, consumption of the *kidney yin* caused by febrile diseases, or irritability induced by excessive *fire* and depressed *qi*, which impairs the *kidney yin* and causes the floating of *yang*. When the normal physiological relationship between the heart and kidney is broken, there will be disharmony between the *heart yang* and the *kidney*

yin. The clinical manifestations are as follows: inability to sleep, being highly spirited when it is time for sleep but listless during the daytime, a mind filled with worries and anxiety, palpitation, chest stuffiness, drowsiness, dreamy sleep, or red complexion, thirsty sensation, forgetfulness, thread pulse, etc. To treat this type of insomnia, stress should be laid on promoting harmony between the heart and kidney and nourishing *yin* to tranquilize the mind.

Case example:

Mr. Wang, 29 years old, his first visit was on Sept. 2, 2003. The patient complained of insomnia with dream-disturbed sleep, which occurred two years before when he was attending a training





program out of state and often stayed late studying. The accompanying symptoms were irritability and forgetfulness, inability to concentrate, nocturnal emission, tinnitus, soreness and pain in the waist, dry mouth, and hot flush in the chest, palms and soles. The tongue was red with thin-white coating, and the pulse was deep, thread and rapid. It was differentiated as hyperactivity of *fire* due to *yin-deficiency*, and disharmony between the heart and kidney. Treatment was given for nourishing *yin* to reduce pathogenic *fire*, and restoring coordination between the heart and the kidney. Prescription: “*Huang Lian* (Rhizoma Coptidis) 10g, *Rou Gui* (Cortex Cinnamomi) 5g, *Zhi Bie Jia* (Carapax Trionycis Praeparata) 15g, *Sang Ji Sheng* (Herba Taxilli) 15g. *Niu Xi* (Radix Achyranthes Bidentatae) 15g. *Sheng Di Huang* (Radix Rehmanniae) 10g, *Shan Yu Rou* (Fructus Corni) 10g, *Fu Ling* (Poria) 15g, and *Long Chi* (Dens Draconis) 15g”.¹ The above drugs were decocted in water for one-day dosage and orally taken for seven days. After that, irritability and dream-disturbed sleep were improved. Another 20 doses were given, which brought about sound sleep, and disappearance of nocturnal emission, soreness and pain in the waist, and all the other symptoms.

Comment:

In this case, the heart and kidney are affected. Its pathogenesis is consumption and deficiency of the *kidney yin*, which fails in ascending to nourish the heart, leading to hyperactivity of the *heart-yang*, which disturbs the mind and causes insomnia, and dysphasia with hot flush in the chest, palms and soles². Tinnitus and forgetfulness are attributed to deficiency and consumption of the *kidney essence* and hollowed sea of marrow, soreness and weakness to malnutrition of the kidney; waist pain, and nocturnal emission to incoordination between the heart and kidney. We

hold that the fundamental cause of this case is the *yin*-deficiency of the heart and kidney. Here, the *fire* pertains to deficient *fire*, which is entirely different from the excessive pathogenic *fire* due to flaring up of the *heart-fire*. So, the treatment should be given for enriching the deficient aspect, and *fire-purging* drugs bitter in taste and cold in property should not be given. In the above prescription, *Huang Lian* (Rhizoma Coptidis) is the only drug used for clearing away the *heart-fire* and checking the hyperactive *heart-yang*³. Small dose of *Rou Gui* (Cortex Cinnamomi) is used for conducting the *heart-fire* downward to the kidney, i.e. conducting the *fire* back to its origin. *Sheng Di Huang* (Radix Rehmanniae), *Shan Yu Rou* (Fructus Corni), *Zhi Bie Jia* (Carapax Trionycis Praeparata), *Sang Ji Sheng* (Herba Taxilli), and *Niu Xi* (Radix Achyranthes Bidentatae) are used for nourishing *Yin*. *Fu Ling* (Poria) is used for nourishing without stagnation and protecting the *middle burner*; *Long Chi* (Dens Draconis) for strengthening the effect of tranquilizing the mind.

B. INSOMNIA CAUSED BY DISHARMONY BETWEEN THE YING AND WEI SYSTEM OR IMBALANCE OF YIN AND YANG

Normally, *ying-qi* circulate inside while *wei-qi* outside vessels. *Ying-qi* form the blood and nourish the body. *Wei-qi* is described as being “fierce, bold, and uninhibited”, which is contained by the vessels; therefore flows outside them. When *ying* and *wei* go in harmony, people are able to fall asleep. If a person is in a depressed mood or has been suffering from an illness for a long time, *ying* and *wei* are not in harmony; therefore, the person is not be able to fall asleep⁴. So the basic pathogenesis of insomnia is abnormal circulation of *ying-qi* and *wei-qi*, which causes deficiency of *yin* inside and excess of *yang* outside; hence the loss of mental peace and inability to sleep at night.

This syndrome is termed in modern medicine as functional autonomic nerve disorder. Characteristically, it is manifested by the following signs and syndromes: a depressed mood, a prolonged course of illness, a fitful sleep, dreaming from time to time, accompanied by headache and distention of the head, feeling an air flow rushing of limbs, chillness, aversion to wind, reddish tongue, and slow pulse. The treatment principle is to regulate *ying* and *wei* and to ease the mind and spirit by using modified decoction of *Os Draconis* and *Concho Ostreae*⁵.

Case example:

Jenny, female, 41 years old, who had suffered from insomnia and dreamy sleep for over ten years. She could only sleep shallowly for 1-2 hours every night, sometimes she even stayed up whole night, accompanied by severe migraine and even nausea and vomiting. She suffered emotional depression for long time. The therapy of nourishing the heart to calm the mind had failed to prove effectively. Examination showed no problems with her internal organs. The symptoms included blurred vision, reddish complexion, and red tongue with thin coating, wiry and thread pulse, which indicated that the patient had disharmony between *ying* and *wei*, and disturbance of the heart and mind. The therapeutic method adopted was to regulate *ying* and *wei* and to harmonize *yin* and *yang*. The decoction administered consisted of the following ingredients: *Gui Zhi* (Ramulus Cinnamomi) 10g, *Bai Shao* (Radix Paeoniae) 15g, *Sheng Long Mu* (*Os Draconis*) 25g, (*Concha Ostreae*) 25g, *Da Zao* (Fructus Ziziphi Jujubae) 5g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6g, *Sheng Mai Ya* (Fructus Hordei Germinatus) 15g, *Ge Gen* (Radix Puerariae) 10g, *Chuan Xiong* (Rhizoma Chuanxiong) 10g, *Chai Hu* (Radix Bupleuri) 10g, *Fu Xiao Mai* (Fructus Triticis Levis) 20g, *Bo He* (Herba Menthae) 6g, *Jiang Can* (Bombyx Batryticatus) 20g, and *Lian Zi Xin*

(Plumula Nelumbinis) 10g^{1,5}. The above drugs were decocted in water for one-day dose and orally taken for seven days, the patient was able to fall asleep not soundly, but still had migraine, a sensation of thirst, a pain in the tongue, dry stool, white tongue coating, deep and choppy pulse. The above formula omitted *Jiang Can*, *Lian Zi Xin* and added the following drugs: *Bai Shu* (Rhizoma Atractylodis Macrocephallae) 15g, *Wu Mei* (Fructus Mume) 15g, *Ji Xue Teng* (Caulis Spatholobi) 20g. After taking 6 doses of the modified decoction, the patient could sleep 4-5 hours every night, and the duration of headache was shortened. Then two more ingredients were added: *Yuan Hu* (Rhizoma Corydalis) 15g, *Dang Gui* (Radix Angelicae Corydalis) 25g. After taking 6 doses, the patient could sleep 6-7 hours every night and her headache was relieved markedly.



Comment:

The method of treatment used to address binding depression of *liver-qi* and construction-blood disharmony in the treatment.

C. INSOMNIA CAUSED BY FAILURE OF THE HEART TO GOVERN THE MIND DUE TO DISTURBANCE OF THE HEART BY PHLEGM AND HEAT

Phlegm-heat and *phlegm-dampness* are common pathogenic factors of insomnia. Phlegm is capable of reaching everywhere in the body, accompanying *qi* up and down when it is combined with *heat*. It is not easy to get rid of them and the heart will be disturbed; hence insomnia with the following clinical manifestations: inability to sleep well for a long time, horrible dreams, restlessness, heaviness in the head, palpitation, abundant sputum, stuffy chest, bitter taste, tinnitus, poor appetite, belching,



nausea, dysphasia, red tongue with yellow and greasy coating, slippery and rapid pulse. The principle of treatment is clearing *heat* to eliminate phlegm and regulating the *middle jiao* to calm the mind. The modified *Huang Lian Wen Dan Tang* (Decoction of coptidis for clearing away gall bladder heat)⁶ can be prescribed for this type of insomnia.

Case example:

Ms. Sun, 42 years old, her first visit was on Dec. 18, 2004. The patient had a history of intermittent insomnia for seven years, usually with less sleep but lots of dreams. In the recent one month, the condition went worse. She had difficulty in falling asleep and often woke up at 2 o'clock in the morning. After that, it was difficult for her to fall asleep again. The accompanying symptoms were chest distress, poor appetite, stomach distention, heavy sensation in the head, red tongue with yellow and sticky coating, and slippery pulse. The treatment was given for clearing away *phlegm-heat* and regulating the *middle-jiao* to tranquilize the mind. Prescription: "*Huang Lian* (Rhizoma Coptidis) 10g, *Zhi Shi* (Fructus Aurantii Immaturus) 10g, *Zhu Ru* (Caulis Bambusae in Taeniam) 20g, *Ban Xia* (Rhizoma Pinelliae) 10g, *Fu Ling* (Poria) 15g, *Chen Pi* (Pericarpium Citri Reticulatae) 10g, *Chuan Bei Mu* (Bulbus Fritillariae Cirrhosae) 10g, *Yuan Zhi* (Radix Polygalae) 10g, *Long Gu* (Os Draconis) 15g, which were decocted to be orally taken one dose daily for 7 consecutive days. On the second visit, the patient reported postponement of the waking-up time from 2 a.m. to 4 a.m., and turning of the tongue coating from yellow-sticky to thin-yellow. Another 21 doses of the decoction were

given, and the patient was cured.

Comment:

We hold that in the clinical differentiation of insomnia. Although attention should be paid mainly to the regulating of the heart, spleen, liver, and kidney, yet disturbance of the mind by *phlegm-heat* cannot be ignored. For those insomnia patients accompanied by chest distress and distention, heaviness of the head, red tongue with yellow-sticky coating, and slippery pulse, the principle of treatment should be clearing away the *phlegm-heat* and regulating the *middle-jiao* to tranquilize the mind. We chose the modified "*Huang Lian Wen Dan Tang*" for this kind of condition. In the above prescription, *Ban Xia* (Rhizoma Pinelliae), *Chen Pi* (Pericarpium Citri Reticulatae), *Zhu Ru* (Caulis Bambusae in Taeniam), and *Zhi Shi* (Fructus Aurantii Immaturus) are used for regulating circulation of *qi* and resolving phlegm". *Yuan Zhi* (Radix Polygalae), *Chuanbeimu* (Bulbus Fritillariae Cirrhosae) are often added according to the actual condition. The formation of phlegm indicates the dysfunction of the *middle-jiao*. Therefore, *Long Gu* (Os Draconis) added for enhancing the effect of tranquilization⁷.

D. INSOMNIA CAUSED BY BLOOD STASIS OBSTRUCTING BRAIN COLLATERALS

Blood stasis in the collaterals of the heart and brain causes disorder in the sleep center. It manifests as the following symptoms: inability to close the eyes at night, a tendency to get up soon after lying down, being highly spirited at night, stubborn distending headache, dizziness, forgetfulness, or aphasia, numbness of limbs, stuffiness and stubbing

pain in the chest, palpitation, purple tongue. The therapeutic method for treating this type of insomnia is to remove blood stasis by activating blood circulation and tranquilize the mind. The modified *Tong Qiao Zhu Yu Tang* (Decoction for Activating Blood Stagnation) or *Xue Fu Zhu Yu Tang* (Decoction for Removing Blood Stasis in the Chest) can be prescribed for the condition⁸.

Case example:

Ms. Zhang, 60 years old, her first visit was on Dec 30, 2000. In recent five years, she often had insomnia and had been treated by herbal medicine for nourishing the heart and tranquilizing the mind, acupuncture and moxibustion, with no obvious effects. She complained of difficulty in dropping a sleep, often being dream-disturbed and wakened up. The accompanying symptoms were headache, palpitation, poor memory, pricking pain in the anterior chest region and the back, dark tongue with purple spots at the edge and tip and white-moist coat, and deep pulse. It was differentiated as obstruction of the meridians by blood stasis, with unsmooth flow of *yang-qi*. Treatment was given for promoting blood circulation to remove obstruction from the meridians and tranquilize the mind. Prescription: *Gui Zhi* (Rhizoma Cinnamomi) 10g, *Tao Ren* (Semen Persicae) 10g, *Chi Shao* (Radix Paeoniae Rubra) 10g, *Dan Shen* (Radix Salviae Miltiorrhizae) 15g, *Chai Hu* (Radix Bupleuni) 10g, *Yu Jin* (Radix Curcumae) 10g, *Zhi Qiao* (Fructus Aurantii) 15g, *Gua Lou* (Fructus Tnichosanthis) 15g, *Di Long* (Pheretima) 15g, *Bie Jia* (Parapax Trionycis) 15g, *Ye Jiao Teng* (Caulis Polygoni Multiflori) 30g, and *Suan Zao Ren* (Semen Ziziphi Spinosae) 15g, which were decocted to be orally taken one dose daily for 7 consecutive days. On the second visit, the sleep turned more peaceful, and the pricking pain

in the chest and back was alleviated. *He Huan Pi* (Cortex Albiziae) 15g, *Ban Xia* (Rhizoma Pinelliae) 15g were added, and another 20 doses were given. After that, the patient could sleep for 4-6 hours each night, and was more cheerful and energetic in the daytime.

Comment:


Considering the case history and the present condition of the patient that she had had the intractable insomnia for more than five years and had been treated with various therapies without effect, we gives the following differentiation i.e. protracted illness affecting the meridians which causes obstruction of blood stasis in the interior and unsmooth flow of *yang-qi*, leading to derangement of mental activity, hence the occurrence of insomnia. It is stated in the classic medical book "Corrections on the Errors of Medical Works" that if no obvious effect has been shown in the treatment of insomnia with drugs for nourishing the blood and tranquilizing the mind, the prescription of *Xue Fu Zhu Yu Tang* (Decoction for Removing Blood Stasis in the Chest) will work wonders⁹. In clinical treatment for patients with protracted insomnia on the basis of a comprehensive differentiation, we often add such drugs as *Tao Ren* (Semen Persicae), *Chi Shao* (Radix Paeoniae Rubra), *Di Long* (Pheretima) and *Bie Jia* (Trionycis Praeparata) for promoting blood circulation to remove blood-stasis from the meridians and tranquilize the mind, which usually produce miraculous therapeutic effects.



ACKNOWLEDGMENT

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CURRICULUM VITAE

Professional Experience

Associate Professor / Clinical Supervisor / Full- Time Faculty

Southern California University of Health Sciences
University Health Center, Pasadena, CA

05/2005-present

Acupuncturist

Acupuncture Pain Control Center, Boynton Beach, FL
Advanced Acupuncture, Hollywood, FL
Arcadia Holistic Health Care Medical Center, Temple City, CA

01/2002-4/2005

07/2000-12/2001

Resident Physician / MD / OMD

Don-Chi-Man Hospital, Beijing, China

12/1997-7/2000

Education

Master degree of Internal Chinese Medicine

Beijing University of Traditional Chinese Medicine, Beijing, China

09/1997-07/2000

Bachelor degree of Traditional Chinese Medicine (MD&OMD)

Beijing University of Tradition Chinese Medicine, Beijing, China

09/1992-07/1997

Publication

- **Lung-Sheng Hsiao**, Liu-zhong Ye. Hypertension Treatments by Traditional Chinese Medicine, Chinese Journal of Medical Treatment Vol. 4, No. 3 (2005) 67-68, Guangzhou, China
- Nai-guang Song, **Lung-Sheng Hsiao**, *The Clinical Practice of OM Infectious Diseases*, associate editor, People's Health Press, Beijing, China: 2005
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- **Lung-Sheng Hsiao**, Xia-Rong Cui, et al. *Zhi Xiao Tong Mai Formula and Acupuncture Treats Diabetic Neuropathy of Early Stage* (2000) 100-105, Beijing, China
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- Yan-Bin Gai, **Lung-Sheng Hsiao**, et al. Clinical Observation on 200 Cases of Diabetic Neuropathy Treated with Ho Lo Zhi Xiao Formula, *Proceeding of Research on Diabetes by Traditional Chinese Medicine* (2000) 73-75, Beijing, China

Teaching/Lecturing experience

Guest Speaker

- Addressed "TCM and Diabetes" in Tzu Chi Free Clinic and provided CEU class. 02/18/2006
- Addressed "TCM and Diabetic Complication" in Tzu Chi Free Clinical and provide CEU class. 2/21/07
- Address "Clinical studies on the effect of TCM in Diabetic Neuropathy" in "SCU 2nd Annual AOM Symposium". 6/06

Precious Herbal Supplement

Cordyceps sinensis – Dong Chong Xia Cao

Cordyceps sinensis, have been used by Chinese emperors as an anti-aging herb since 1700BC. For centuries, Chinese people have used this precious herb for replenishment of general health. Cordyceps is a dried fungus that grows from an underground larva of the caterpillar, the larva provides the nutrients needed to survive the harsh Tibetan winter and grow into a mushroom in the summer. That's why Chinese called this mushroom "Dong Chong Xia Cao" meant "Winter-worm, Summer-grass".

The wild Cordyceps is protected specie due to popular demands, this also resulted in wide spread of adulterant sold on the market. In recent years, cultivation technology is able to take the true Cordyceps and cultivated into a biomass that is grown on a sterilized substrate called Cordyceps mycelia. Mycelium production yields a consistent and clean product.

Benefits

- Increase energy level
- Strengthen immune system
- Relieves the symptoms of respiratory illness, such as bronchitis, asthma
- Promote liver, kidney and spleen health
- Improves sexual function

Suitable for both men and women

Ganoderma Lucidum – Ling Zhi – Reishi Mushroom

Ling Zhi appears in *Shen Nung Pen Cao Ching* as a superior herb. It is the dried fungus *Ganoderma lucidum* of the basidiomycetes family. In TCM, *Ling Zhi* is in the most highly rated herb category in terms of multiple benefit and absence of side effect.

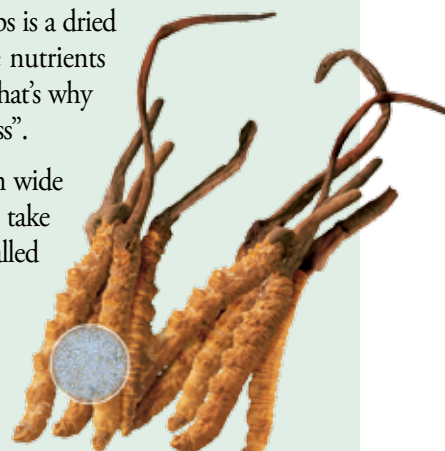
Ganoderma lucidum, also known as *Ling Zhi* or *Reishi Mushroom*, has been revered for centuries as a panacea. Modern researches confirmed its health giving properties come from its chemical components such as Polysaccharides and Triterpenoids active substance which have been found to support and rebalance the defensive system and vital energies of the body; works as an anti-oxidant against free radicals. Also lower the risk for heart related problems and protects against the effects of radiation.

Ganoderma species contain both Polysaccharides and Triterpenoids. Triterpenoids is the component responsible for blood pressure and blood lipid improvements, Polysaccharides seem to be the main immune-modulators. *Ganoderma* fruiting body contains higher Triterpenoids, whereas mycelium contains higher Polysaccharides. Combining both *Ganoderma* fruiting body and mycelium in a product will provide benefits of both Polysaccharides and Triterpenoids.

Benefits

- Promote immune cells
- Inhibits bacteria
- Lower high blood pressure
- Anti-oxidant against free radicals
- Protects against the effect of radiation
- Anti-inflammatory effects
- Calming effects on the nervous system

Reishi Mushroom, *Ganoderma* or *Ling Zhi*, is officially listed as a substance for treating cancer by the Japanese government



New TCM Formula Announcement

Ding Jing Tang

Peony & Cuscutae Combination For Menstrual Disorders

Dr. *Fu Qing Zhu* prescribed this formula in his famous book, *Fu Qing Zhu's Obstetrics and Gynecology*, which also known as *Nu Ke*; this book written by *Fu Shan*. It was completed in the 17th century and first published in 1827. This is one of the most important gynecological textbooks in traditional Chinese medicine.

Indications:

Treat irregular periods, dysmenorrhea, extended or continuous menstrual flow, excessive bleeding of menstruation or amenorrhea.

Ding Jing Tang contains the following herbs:

- Radix Angelica sinensis (*Dang Gui*);
- Rhizoma Dioscoreae (*Shan Yao*);
- Radix Paeoniae alba (*Bai Shao*);
- Poria (*Fu Ling*); Semen Cuscutae (*Tu Si Zi*);
- Spica Schizonepetae preparata (*He Jing Jie*);
- Radix Rehmanniae preparata (*Shu Di Huang*);
- Radix Bupleuri (*Chai Hu*).

Chai Hu and *He Jing Jie* soothe the liver, *Shan Yao* and *Fu Ling* strengthen the spleen, *Tu Si Zi* and *Su Di Huang* tonify the kidney. All these herbs assist *Dong Gui* and *Bai Shao* to "soften and comfort" the liver, nourish the blood and regulate the menstruation. It is a well-balanced formula.

Dosage Form: Granules.

Packaging: 200g per bottle.

HERBright GOLD

GOLDEN Health Elements



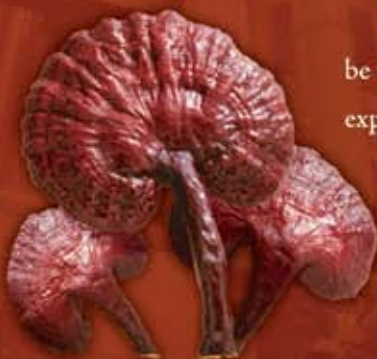
Natto
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Blood Circulation



Turmeric Extract
Protect Liver



Green Tea Extract
Assist Weight Control



Reishi Mushroom
Strengthen Immune System

For thousands of years, top class rare herbs could only be used by emperors; now we have a chance to experience Chinese emperor's health care. HERBright GOLD, a series of composite supplements to sustain people for daily health maintenance. HERBright GOLD adopt natural, valuable, rare "Golden" health elements-combines oriental ancient wisdom & modern technology to prevent chronic disease or ailments.



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Gerbo Inc.
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brigitte.thouin.gerbo@bellnet.ca

Western Canada
Bema Botanical Solutions
TEL: 1-804-913-9198
info@bema herbs.com

France, Spain, Andorra, and Portugal
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harmonianet@harmonianet.com

Israel
Moav Medical Clinic
TEL: 972-77-202-8100
gidl@moavmedic.com

Korea
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TEL: 82-2-553-9777
mkkang@purimed.com

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MFG(M) SDN BHD
TEL: 603-6272-1928
suntentm.net.my

Switzerland, Germany, Austria,
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TEL: 41-62-836-40-70
info@complemedis.ch

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order@herbprime.com

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service@brionherbs.com