

Herb	Meridians	Properties	Functions
Al bizzia flower	Lv, St	Sw, neutral	Shen tonic, opens heart
Alisma	K, Bl	Sw, Bl, cold	Drains dampness
As paragus root	K, Lu	Sw, Bi, cold	Shen and Yin tonic, Opens heart, moistens lungs
As tragalus root	Lu, Sp	Sw, slightly warm	Qi tonic, energy, immune, digestion
Attractylodes rhizome	Sp, St	Bi, Sw, warm	Qi and digestive tonic, immune tonic
Bupleurum root	Gb, Lv, Peri, TW	Bi, Acr, cool	Moves stagnant liver qi, liver detox support
Chrysanthemum flower	Lu, Lv	Sw, Bi, slightly cold	Clears heat, calms liver, beneficial for eyes
Cistanches stem	Li, K	Sw, Sa, warm	Yang tonic, restores and vitalizes sexual energy
Citrus peel	Lu, Sp, St	Acr, Bi, warm	Regulates stomach qi, invigorates Spleen, transforms phlegm
Cinnamon twig	H, Lu, Bl	Acr, Sw, warm	Opens/warms channels, relieves tension, circulation
Codonopsis root	Lu, Sp	Sw, neutral	Qi tonic, energy, immune, digestion, enhances lactation
Cornus fruit	K, Lv	So, slightly warm	Builds yin, astringent, locks in Kidney energy, prevents leaks
Cynomorium stem	Li, K, Lv	Sw, warm	Tonifies the Kidneys, assists the Yang, augments Liver yin and blood, moistens the intestines, unblocks the bowels
Dendrobium	K, St	Sw, Sa, Bl, slightly cold	Nourishes Yin, generates fluids, clears heat, brightens eyes
Deer Antler	K, Lv	Sw, Sa, warm	Tonifies the Kidneys and fortifies the Yang, tonifies and nourishes
Dioscorea rhizome	K, Lu, Sp	Sw, neutral	Tonifies Spleen/Stomach Qi, tonifies Lung Qi/Yin regulates hormones
Dipsacus root	K, Lv	Bi, Sw, Acr, slightly warm	Tonifies the Liver and Kidneys, strengthens sinews and bones, gently invigorates blood, calms fetus
Dong quai root	H, Lv, Sp	Sw, Acr, warm	Builds and vitalizes blood, balances menstrual cycle
Epimedium leaf	K, Lv	Acr, Sw, warm	Kidney Yang tonic, aphrodisiac, strengthens bones
Eucommia bark	K, Lv	Sw, Acr, warm	Kidney Yang tonic, strengthens bones, tendons, ligaments
Fritillary bulb	H, Lu	Bi, cold	Drains heat, clears and transforms phlegm, reduces swelling
Ginger rhizome	H, Lu, Sp, St	Acr, hot	Warms Spleen and Stomach for helping digestive function
Ginseng root (Chinese)	Lu, Sp	Sw, Bi, warm	Adaptogen, Qi tonic, digestive/energy tonic, immune support
Ginseng root (American)	H, K, Lu	Sw, Bi, cool	Yin tonic, Qi tonic, Adaptogen
Ginseng root (Red)	Lu, Sp	Sw, Bi, hot	Fortifies primal Qi, premiere Yang Ginseng, powerful energy tonic
Gynostemma	Lu, H	Bi, cool	Adaptogen, immune tonic, cardio/lipid metabolism support
He shou wu root	Lv, K	Bi, Sw, warm	Yin essence restorative, longevity tonic, fertility tonic, hair tonic
Jujube	Sp, St	Sw, warm	Digestive tonic, tonifies Spleen, nourishes blood, harmonizes
Laminaria	K, Lv, St	Sa, cold	Dissolves masses, detoxes body from heavy metals and radioactive toxins
Licorice	All 12	Sw, neutral	Tonifies Spleen/Stomach Qi, detoxifies, harmonizes
Ligusticum	Lv, Gb, Peri	Acr, warm	Invigorates blood, stops pain, promotes movement of Qi
Lohan	Lu, Li	Sw, cool	Moistens and cools the lungs/intestines, generates fluids
Longan	H, Sp	Sw, warm	Nourishes Heart and Spirit, builds blood, enhances beauty, sexual energy
Lycium	Lv, Lu, K	Sw, neutral	Longevity tonic, restores Yin essence, brightens eyes, builds sexual fluids
Morinda	K	Sw, Acr, warm	Yang tonic, restores and vitalizes sexual energy, supports structure of the body, Jing essence restorative
Ophiopogon	H, Lu, St	Sw, Bi, slightly cold	Builds Yin, moisten and cools Lungs, Qi/Shen tonic
Peony (white)	Lv, Sp	Bi, So, slightly cold	Nourishes blood, relaxes muscles, regulate femal cycle, calms liver Yang, preserves Yin, beauty tonic.
Polygala	H, Lu	Bi, Acr, slightly warm	Shen tonic, opens heart, calms the mind, connects Kidneys and Heart, empowers will
Poria	H, Sp, K, Lu	Sw, Bl, neutral	Tonifies Spleen, eliminates dampness, digestive/diuretic tonic
Poria (Spirit)	H, Sp, K, Lu	Sw, Bl, neutral	Tonifies Spleen, calms the Spirit, digestive/diuretic tonic
Rehmannia (prepared)	H, K, Lv	Sw, slightly warm	"Kidney's own food," restores Kidney essence, builds blood, enriches Yin, augments the marrow
Rehmannia (raw)	H, K, Lv	Sw, cold	Clears heat, cools the blood, Yin tonic that generates fluids
Reishi	H, Lv, Lu	Sw, neutral	"Mushroom of Immortality," Shen tonic, Liver tonic, longevity tonic, contains all Three Treasures, Immune tonic, Cardio tonic
Salvia	H, Peri, Lv	Bi, slightly cold	Invigorates blood, breaks up blood stasis, improves vascular function, increases circulation
Schisandra	H, K, Lu	All 5 flavors, warm	Three Treasures tonic, beauty tonic, builds fluids/sexual energy, quiets the Spirit, calms the Heart, brain tonic, protects skin
Scute	Lu, St, Gb, Li	Bi, cold	Cools heat, dries dampness, stops bleeding, resolves toxicity

Meridians: **Bl**-Bladder, **Gb**-Gallbladder, **H**-Heart, **Li**-Large Intestines, **Lu**-Lung, **Lv**-Liver, **K**-Kidney,
Peri-Pericardium, **SI**-Small Intestines, **Sp**-Spleen, **St**-Stomach, **Tri**-Triple Warmer

Properties: **Acr**-Acrid, **Bi**-Bitter, **Sa**-Salty, **So**-Sour, **Sw**-Sweet