

One Healthy Minute[®]

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Chinese Herbals

Nature's Sunshine Products has a very compressive line of Chinese herbal combinations to address many health concerns. Recently TCM (Traditional Chinese Medicine) concentrates have been introduced. Each capsule of the concentrate is the equal to six capsules of the original formula. Most of the following are available in the TCM concentrate or original strength.

Anti-Gas combination is designed to support both the digestive and detoxifying functions of the body, including the urinary system.

Blood-Build is a Chinese combination of 18 herbs combined to nutritionally support the blood, liver, glands and general circulation.

Breathe E-Z formula may support the body in its battle to remove toxins from the entire respiratory tract, especially the lungs. Citrus and schizandra may support the body's efforts to clear waste from the respiratory system and enhance energy in the lungs. This is available only in the TCM concentrate.

HY-C uses traditional Chinese herbs to support the glandular system especially when there may be low blood sugar issues.

IF-C is a combination of herbs that may support joint health and immunity while calming a stressed body. Its Chinese name qing re can be translated as "clear the heat." These herbs may nourish the structural and immune systems by stimulating blood flow and eliminating toxins through a variety of actions.

KB-C may be used for kidney and bone support. Its Chinese name jian gu can be translated to mean "strengthen the bones."

Kidney Activator is called qu shi, which can be translated as "to get rid of dampness." In Traditional Chinese Medicine, it is said to promote kidney function and to help clear retained water from the body, which may positively affect joints.

Liver Balance is called tiao he, which means "harmonizing." In Traditional Chinese Medicine, it is used to support both the digestive and nervous systems, optimizing liver health.

Lung Support in Chinese is fu lei, which means "strengthen the weak and thin." Lung Support is considered a lung tonic formula.

Mineral-Chi Tonic is a special liquid blend of tonic herbs with a full spectrum of trace minerals extracted from the plant vegetation of an ancient sea bed. This tonic includes renowned Chinese tonic herbs used to boost and maintain balance in the body's energy system.

Nervous Fatigue may help relieve stress while supporting digestion and promoting sleep.

Spleen Activator is a combination of 18 herbs that, according to Traditional Chinese Medicine, may nutritionally act as a digestive system tonic and provide energy to a tired body.

Stress Relief combination is designed to support emotional balance and calm stress. The Chinese call this formula an shen, which means "to pacify the spirit."

Trigger Immune may support the body's natural immunity. According to Traditional Chinese Medicine, this formula is designed to strengthen a weakened energy constitution.

VS-C contains herbs that may be supportive to the immune system as well as assisting in the body's natural detoxification process while promoting a healthy respiratory tract. **VS-C** also is available in a liquid.

Life is busy, now is the time to learn about Traditional Chinese herbs for enhanced health, "one minute @ a time."

This information is intended for educational purposes.

