

# Ease Plus™

Bupleurum & Dragon Bone Herbal Supplement

Chai Hu Mu Li Long Gu Tang

## ***Therapeutic Actions***

1. Treats nervousness, insomnia, emotional distress, and headache (including migraines)
2. Provides effective assistance for withdrawal from tobacco, drugs, medications, and other addictive substances
3. Treats gastric acidity and ulcers, hiccups or belching

## ***Chinese Therapeutic Effects***

Invigorates liver qi

Tonifies spleen qi

Sedates liver yang

Calms shen

## **Administration**

Concentrated 3:1 extract

**Internal:** 2 to 4 tablets TID between meals

90 tablets, 650mg, 15 day supply

270 tablets, 650mg, 45 day supply

**Contraindications:** Do not use if you have or develop diarrhea, loose stools, or abdominal pain.

## **Ingredients**

Calcium carbonate  
*mu li & long gu*

Ginger rhizome  
*gan jiang*

Cinnamon twig  
*gui zhi*

Vladimiria Souliei  
root

Bupleurum root  
*chai hu*

Pinellia rhizome  
*ban xia*

Rhubarb rhizome  
*da huang*

*mu xiang*

Ginseng root  
*ren shen*

Scute root  
*huang qin*

## Formula Rationale

Ease Plus is Chai Hu Mu Li Long Gu Tang (*Bupleurum and Dragon Bone Decoction*), with Vladimiria souliei (*mu xiang*) substituted for ju ju be (*da zao*) to promote better digestive functions. Rhubarb (*da huang*) eliminates heat through the intestines. Ginseng (*ren shen*) supports the spleen. Cinnamon (*gui zhi*) relieves the surface. Ginger (*gan jiang*) and pinellia (*ban xia*) transform phlegm. The formula harmonizes by dredging the liver and strengthening the spleen, thus preventing the liver from disrupting the digestion. Liver heat is also cleared by scute (*huang qin*) to prevent disturbance of heart shen by rising liver yang. Calcium carbonate (*mu li* and *long gu*) weighs upon and holds down the heart shen. Ease Plus treats emotional disturbances that cause a combination of digestive problems, headache, nervousness, and insomnia.

## Notes Clinical

1. Use Ease Plus as a substitute for pharmaceutical sedatives, e.g., Valium
2. Use as a substitute for anti-ulcer drugs, e.g., Tagamet (Cimetidine)
3. Relieves symptoms of drug withdrawal accompanied by anxiety, nervousness, insomnia, digestive disturbance and tension
4. Epilepsy symptoms may be improved by combining Ease Plus with **Ease 2**
5. Ease Plus will help treat constipation
6. For a general stress protocol, combine **Calm Spirit** with Ease Plus (or **Ease 2** with loose stools), 2 tablets of each formula, TID-QID

## Additional Formulas

- For sleeplessness and nervousness, see **Schizandra Dreams**, to be used before sleeping
- For sleeplessness due to yin deficiency, use **Calm Spirit**
- For insomnia or nervousness due to heart blood deficiency, use **Shen-Gem**