

# Calm Spirit®

Modified Ding Xin Wan

Herbal Supplement

## Therapeutic Actions

1. Helps alleviate stress-associated emotions, e.g., anxiety, depression, anger
2. Relieves insomnia, restlessness, dizziness, spontaneous sweating, constipation due to stress, dryness of the mouth, poor memory

## Chinese Therapeutic Effects

Calms spirit

Nourishes the blood

Nourishes heart yin

Moistens the intestines

## Administration

**Internal:** 3 tablets TID

90 tablets, 750mg, 10 day supply

270 tablets, 750mg, 30 day supply

**Contraindications:** Individuals with spleen Qi deficiency should take with caution, as loose stools or diarrhea may result.

## Ingredients

Three tablets contain:	<b>Enzymes (297mg)</b>	<b>Herbs (1,780 mg)</b>	Zizyphus seed
Taurine (99mg)	Amylase	Biota seed	<i>suan zao ren</i>
Magnesium glycinate (74mg)	CereCalase	<i>bai zi ren</i>	Ophiopogon tuber
	Protease	White Peony root	<i>mai men dong</i>
	Catalase	<i>bai shao</i>	Codonopsis root
	alpha-Galactosidase	Tang Kuei root	<i>dang shen</i>
	Lipase	<i>dang gui</i>	Amber resin
	Glucoamylase	Fu shen sclerotium	<i>hu po</i>
	Cellulase	<i>fu shen</i>	
	Malt Diatase	Polygala root	
		<i>yuan zhi</i>	

## Formula Rationale

Calm Spirit is based on the traditional formula, Heart Stabilizing Pills (*Ding Xin Wan*). It is intended to treat patients who present with deficiency of heart yin. Individuals who experience prolonged mental stress often suffer insomnia, restlessness, loss of memory, dizziness, and sometimes constipation. The ingredients in this formula are aimed at tonifying heart qi and yin: Biota (*bai zi ren*), polygala (*yuan zhi*); tonifying and nourishing the blood: Tang kwei (*dang gui*); calming the heart and spirit: Biota (*bai zi ren*), fu-shen, zizyphus (*suan zao ren*), amber (*hu po*); moistening the intestine: Biota, tang kwei, ophiopogon (*mai men dong*); removing heat from the heart: Ophiopogon (*mai men dong*), codonopsis (*dang shen*) is added to tonify Qi in general and help generate fluids. Because stress may also induce anger, amber (*hu po*) and white peony (*bai shao*) help remove liver stagnation.

The enzymes catalase intercepts free radicals produced during stress. Free radicals damage body tissues, especially those of the heart and brain, and interfere with normal energy production and with memory. Other enzymes derived from *Aspergillus* assist in the digestion of food, which is often a problem when stress levels are high. Magnesium is a natural tranquilizer and vasodilator, and calms nervous activity; it also acts as a catalyst in the energy production that occurs in cell mitochondria. Taurine has been used to control heart arrhythmia and hypertension, particularly under conditions of stress.

## Clinical Notes

1. This formula should not be relied on as the sole reliever of stress. The cause of stress must also be addressed
2. Results are usually seen within one hour of administration

## Additional Formulas

- Use with **Ease Plus** for symptoms of liver qi stagnation
- Use with **Quiet Digestion** if loose stools are present
- General stress protocol: combine **Calm Spirit** with **Ease 2** (with loose stools) or **Ease Plus** with constipation or normal stools, 2 tablets of each TID - QID