

Astra Essence™

Restorative Herbal Supplement

Zuo Gui Wan/You Gui Yin

Therapeutic Actions

1. Treats degenerative conditions and deterioration of brain function, vertigo, hearing loss, dizziness, and loss of memory
2. Strengthens the immune system and speeds recovery from illness, especially useful in chemo and radiotherapies
3. May be used as a tonic for infertility or impotence
4. Excellent overall tonic
5. Reduces frequent urination, and hair loss
6. Use to balance blood glucose in diabetes

Chinese Therapeutic Effects

Tonifies kidney essence (*jing*)

Tonifies kidney yin and yang

Tonifies Qi and blood

Administration

Internal: 3 tablets BID to TID

90 tablets, 750mg, 15 day supply

270 tablets, 750mg, 45 day supply

Ingredients

Astragalus root and seed <i>huang qi</i> and <i>sha yuan ji zi</i>	Ho-shou-wu root <i>he shou wu</i>	Eucommia bark <i>du zhong</i>	Tang Kuei root <i>dang gui</i>
Ligustrum fruit <i>nu zhen zi</i>	Lycium fruit <i>gou qi zi</i>	Cuscuta seed <i>tu si zi</i>	Cornus fruit <i>shan zhu yu</i>
	Rehmannia (cooked) root <i>shu di huang</i>	Ginseng root <i>ren shen</i>	

Formula Rationale

Astra Essence maintains vitality and promotes longevity. The formula is a combination of tonic herbs to nourish essence and astringent herbs to prevent loss of essence. Emphasis is placed on balanced kidney tonification. Essence tonics are taken in order to slow aging and to prevent deterioration of body functions for those who are under constant stress. The formula is useful in our society where many show signs of premature aging or kidney deficiency from fast-paced lifestyles.

Clinical Notes

1. Excellent results reported for impotence/infertility
2. Clinical reports of effectiveness in reducing blood sugar levels in diabetics
3. Useful for individuals under constant stress—students, executives, athletes, etc.
4. Restore vitality in patients complaining of chronic fatigue
5. Use as an adjunct to chemo and radiotherapy
6. Use for 6 to 12 months to reduce hair loss

Additional Formulas

- For kidney yin deficiency, see **Nine Flavor Tea**
- For kidney yang deficiency, see **Rehmannia 8**, **Backbone**, and **Virility Tabs**
- For anti-aging, see **Flavonex**
- For full system tonification, combine with **Astra 8**, a lung and spleen Qi tonic
- For frequent urination due to enlarged prostate use, Astra Essence followed by **Essence Chamber**